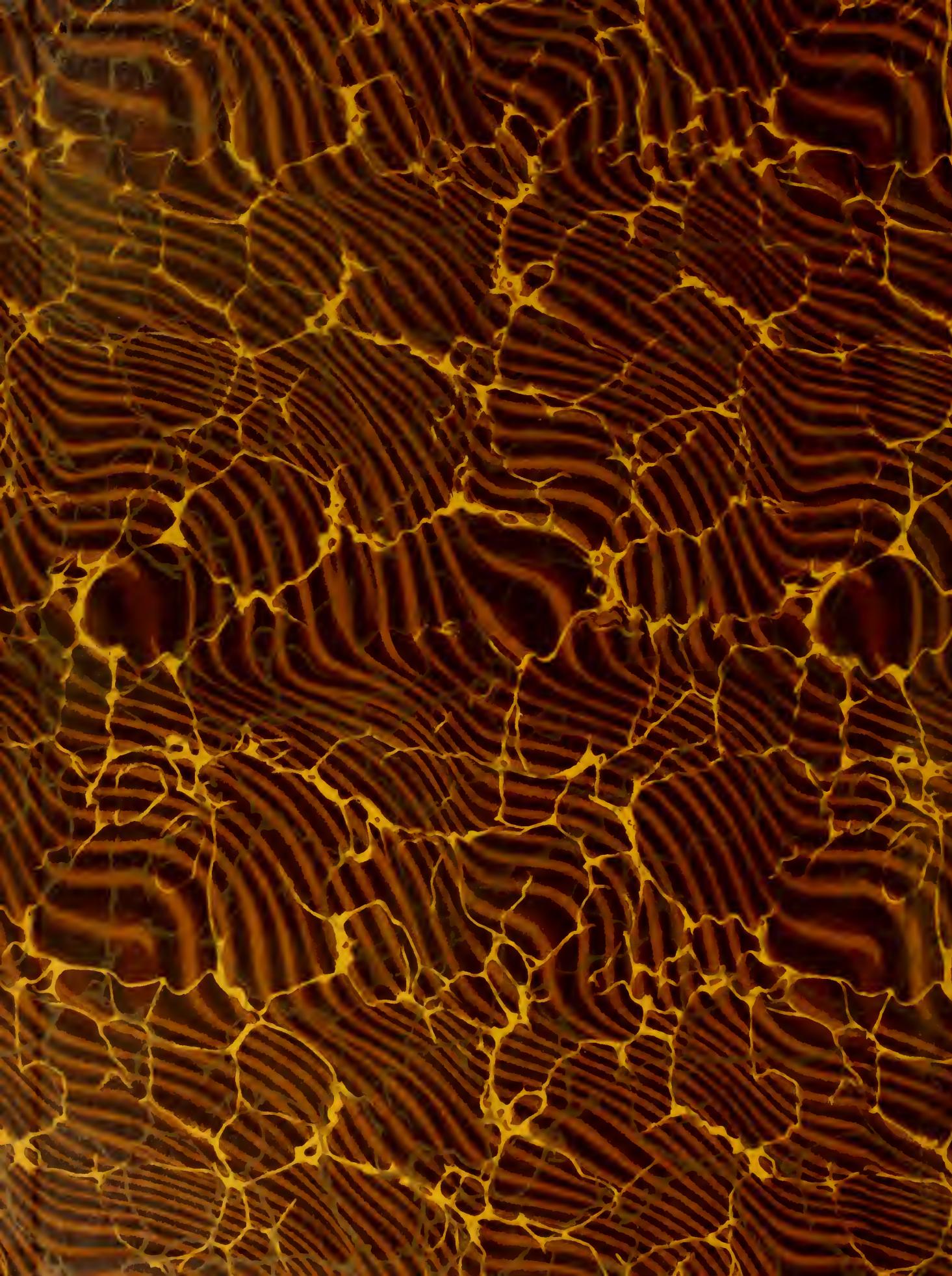
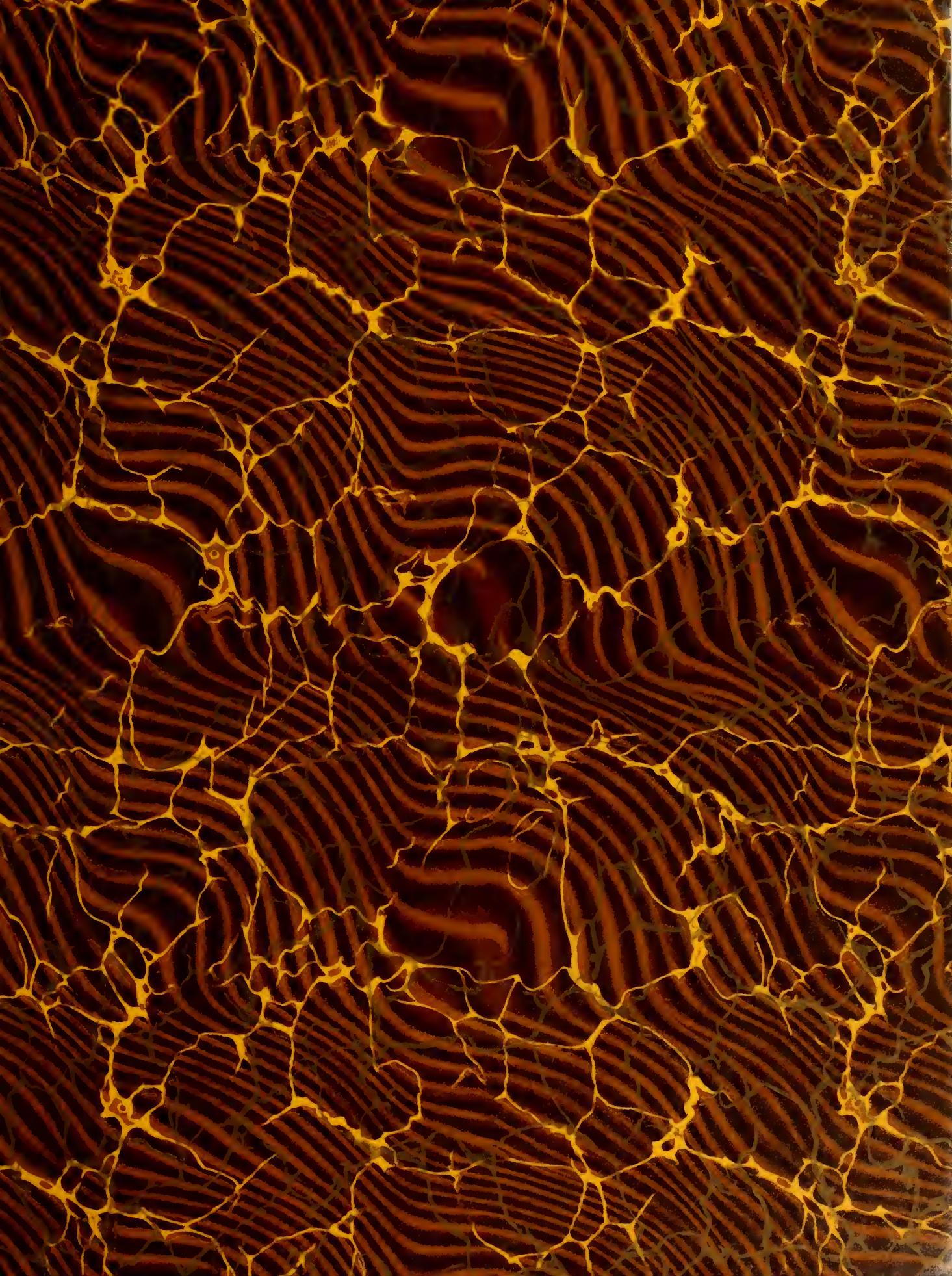


The  
Science of Mental alchemy

---

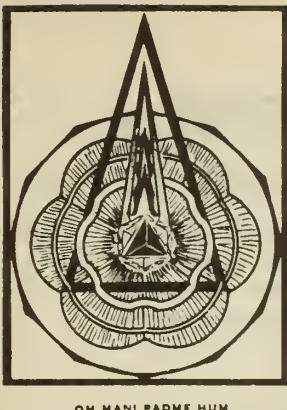
INNER CHAMBER 1 - 80





Digitized by the Internet Archive  
in 2012 with funding from  
Metropolitan New York Library Council - METRO

<http://archive.org/details/innerc01ding>



# The Inner Chamber

## of the Science of Mentalphysics



THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

### COMMENTARY

# I

## INTRODUCTORY: ENTERING THE PORTAL. CEREMONY OF INDUCTION

My Beloved Student in Mentalphysics, Noble of The Light:

Greetings in the Bond!

(1) With the utmost solemnity, I ask you, before you read anything further, to reverently take the "Ceremony of Induction", already sent to you. Be sure that you have time to read it carefully and reverently. I am most anxious that YOU shall seal the sacred bond between us, and by spiritually assenting to the Induction Ceremony you voluntarily bring yourself into a closer state of communion not alone with Ding Le Mei as your Teacher, but with the whole of your fellow-students in the Inner Chamber all over the world.

(2) You have gone through the Lessons of the Initiate Group Course. You have thus proved your sincerity - "Sincerity is the way of Heaven; to think how to be sincere is the way of Man." YOU HAVE PROVED YOURSELF, SO THAT, THOUGH I may not have met you on the physical plane, I now feel that you are worthy to have revealed to you the true SECRET work of Mentalphysics. The Junior Initiate now becomes the proved and worthy "Noble of The Light", the title by which you will henceforth be addressed. You have come from the outer Hall of Ignorance - you now enter the Hall of Learning, and in due course you will find the doors will open wide, so that you will find yourself finally in the Hall of Wisdom, leading you on to full mastery. Until the student has proved his or her worthiness, and can be fully trusted with the inner work, it is not possible for me to disclose it; but I rejoice now with you. I congratulate you. I promise you that, even during the next few weeks, you will unfold into a state of consciousness so radiant and full of light, that your life will be transformed as your mind is renewed. Be happy -- Give thanks . . . . Rise, Noble of The Light!

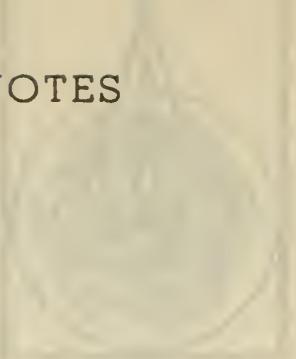
(3) What will be given to you from now on is FOR YOU ALONE. Always remember that the essence of your Commentaries is not for the eye of the profane, but only for those who have proved themselves -- now we go on from height to height.

\*\*\*\*\*

### BREATHING INSTRUCTIONS FOR THIS WEEK

(1) Each morning as soon after sunrise as convenient - Breathe your Memory-developing Breath:

THIS SPACE IS FOR YOUR OWN NOTES



- (2) Near to Noon - Breathe your Memory-developing Breath.
- (3) Soon after sundown as convenient - Breathe your Memory-developing Breath.
- (4) For the first two days of this week go on a water fast - pure water in abundance, and nothing else; for the next two days take only fruit juices, and pure water in abundance; for the last three days, take nothing but above the ground vegetables. (Thereafter you will resume your normal diet.)

#### SPECIAL SECRET EXERCISES, AND HOW TO SUBLIMATE THIS TREMENDOUS FORCE.

During the next few weeks you will be carefully introduced to Special Exercises which it is incumbent upon you to keep to yourself. You are to learn much about the Creative Force of Life from the procreative angle. In your Sixth Commentary, for example, you will be introduced to a secret exercise, called the "Contracting Exercises", which will greatly increase your Creative power, first physically, second mentally, and third spiritually. This week you are to follow out these

##### Preliminary Instructions to Contracting Exercise.

- (1) Sit in a chair, a hard wooden chair or a stool; spine erect.
- (2) Feel that the body is relaxed -- THEN, contract the rectum. By this I mean that you tighten the rectum, the feeling being that you are lifting it. Hold this tight for a moment or so; then relax.
- (3) Repeat this several times, and note the feeling of the body as you do it, (I should think that you will be able to do this for about two minutes at a time, after which you will notice a certain stimulation. Watch what you feel.) DO THIS SEVERAL TIMES EACH DAY, IF YOU CAN - you can do it anywhere. If in an office, you can sit just for a couple of minutes at any time, but the important thing is that you register in your mind what you feel. DO NOT DO THIS EXERCISE LYING DOWN.
- (4) At first it may be a little trying, for you are using muscles that are rarely used; but as you persevere it will become gradually easier for you, so that when you reach the fully-explained exercise in your Sixth Commentary, all will have been made plain to you.

##### The Cold Breath.

(It is foolish to be subject to colds. Where there is hay fever, or catarrh, or congestion this exercise often proves beneficial.)

- (1) Stand erect, the heels touching, the toes pointed outward.
- (2) Place the hands on the hips as in the Grand Rejuvenation Breath, elbows forward.

THIS SPACE IS FOR YOUR OWN NOTES

1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12  
13  
14  
15  
16  
17  
18  
19  
20  
21  
22  
23  
24  
25  
26  
27  
28  
29  
30  
31  
32  
33  
34  
35  
36  
37  
38  
39  
40  
41  
42  
43  
44  
45  
46  
47  
48  
49  
50  
51  
52  
53  
54  
55  
56  
57  
58  
59  
60  
61  
62  
63  
64  
65  
66  
67  
68  
69  
70  
71  
72  
73  
74  
75  
76  
77  
78  
79  
80  
81  
82  
83  
84  
85  
86  
87  
88  
89  
90  
91  
92  
93  
94  
95  
96  
97  
98  
99  
100  
101  
102  
103  
104  
105  
106  
107  
108  
109  
110  
111  
112  
113  
114  
115  
116  
117  
118  
119  
120  
121  
122  
123  
124  
125  
126  
127  
128  
129  
130  
131  
132  
133  
134  
135  
136  
137  
138  
139  
140  
141  
142  
143  
144  
145  
146  
147  
148  
149  
150  
151  
152  
153  
154  
155  
156  
157  
158  
159  
160  
161  
162  
163  
164  
165  
166  
167  
168  
169  
170  
171  
172  
173  
174  
175  
176  
177  
178  
179  
180  
181  
182  
183  
184  
185  
186  
187  
188  
189  
190  
191  
192  
193  
194  
195  
196  
197  
198  
199  
200  
201  
202  
203  
204  
205  
206  
207  
208  
209  
210  
211  
212  
213  
214  
215  
216  
217  
218  
219  
220  
221  
222  
223  
224  
225  
226  
227  
228  
229  
230  
231  
232  
233  
234  
235  
236  
237  
238  
239  
240  
241  
242  
243  
244  
245  
246  
247  
248  
249  
250  
251  
252  
253  
254  
255  
256  
257  
258  
259  
259  
260  
261  
262  
263  
264  
265  
266  
267  
268  
269  
270  
271  
272  
273  
274  
275  
276  
277  
278  
279  
280  
281  
282  
283  
284  
285  
286  
287  
288  
289  
289  
290  
291  
292  
293  
294  
295  
296  
297  
298  
299  
299  
300  
301  
302  
303  
304  
305  
306  
307  
308  
309  
309  
310  
311  
312  
313  
314  
315  
316  
317  
318  
319  
319  
320  
321  
322  
323  
324  
325  
326  
327  
328  
329  
329  
330  
331  
332  
333  
334  
335  
336  
337  
338  
339  
339  
340  
341  
342  
343  
344  
345  
346  
347  
348  
349  
349  
350  
351  
352  
353  
354  
355  
356  
357  
358  
359  
359  
360  
361  
362  
363  
364  
365  
366  
367  
368  
369  
369  
370  
371  
372  
373  
374  
375  
376  
377  
378  
379  
379  
380  
381  
382  
383  
384  
385  
386  
387  
388  
389  
389  
390  
391  
392  
393  
394  
395  
396  
397  
398  
399  
399  
400  
401  
402  
403  
404  
405  
406  
407  
408  
409  
409  
410  
411  
412  
413  
414  
415  
416  
417  
418  
419  
419  
420  
421  
422  
423  
424  
425  
426  
427  
428  
429  
429  
430  
431  
432  
433  
434  
435  
436  
437  
438  
439  
439  
440  
441  
442  
443  
444  
445  
446  
447  
448  
449  
449  
450  
451  
452  
453  
454  
455  
456  
457  
458  
459  
459  
460  
461  
462  
463  
464  
465  
466  
467  
468  
469  
469  
470  
471  
472  
473  
474  
475  
476  
477  
478  
479  
479  
480  
481  
482  
483  
484  
485  
486  
487  
488  
489  
489  
490  
491  
492  
493  
494  
495  
496  
497  
498  
499  
499  
500  
501  
502  
503  
504  
505  
506  
507  
508  
509  
509  
510  
511  
512  
513  
514  
515  
516  
517  
518  
519  
519  
520  
521  
522  
523  
524  
525  
526  
527  
528  
529  
529  
530  
531  
532  
533  
534  
535  
536  
537  
538  
539  
539  
540  
541  
542  
543  
544  
545  
546  
547  
548  
549  
549  
550  
551  
552  
553  
554  
555  
556  
557  
558  
559  
559  
560  
561  
562  
563  
564  
565  
566  
567  
568  
569  
569  
570  
571  
572  
573  
574  
575  
576  
577  
578  
579  
579  
580  
581  
582  
583  
584  
585  
586  
587  
588  
589  
589  
590  
591  
592  
593  
594  
595  
596  
597  
598  
599  
599  
600  
601  
602  
603  
604  
605  
606  
607  
608  
609  
609  
610  
611  
612  
613  
614  
615  
616  
617  
618  
619  
619  
620  
621  
622  
623  
624  
625  
626  
627  
628  
629  
629  
630  
631  
632  
633  
634  
635  
636  
637  
638  
639  
639  
640  
641  
642  
643  
644  
645  
646  
647  
648  
649  
649  
650  
651  
652  
653  
654  
655  
656  
657  
658  
659  
659  
660  
661  
662  
663  
664  
665  
666  
667  
668  
669  
669  
670  
671  
672  
673  
674  
675  
676  
677  
678  
679  
679  
680  
681  
682  
683  
684  
685  
686  
687  
688  
689  
689  
690  
691  
692  
693  
694  
695  
696  
697  
698  
698  
699  
699  
700  
701  
702  
703  
704  
705  
706  
707  
708  
709  
709  
710  
711  
712  
713  
714  
715  
716  
717  
718  
719  
719  
720  
721  
722  
723  
724  
725  
726  
727  
728  
729  
729  
730  
731  
732  
733  
734  
735  
736  
737  
738  
739  
739  
740  
741  
742  
743  
744  
745  
746  
747  
748  
749  
749  
750  
751  
752  
753  
754  
755  
756  
757  
758  
759  
759  
760  
761  
762  
763  
764  
765  
766  
767  
768  
769  
769  
770  
771  
772  
773  
774  
775  
776  
777  
778  
779  
779  
780  
781  
782  
783  
784  
785  
786  
787  
788  
789  
789  
790  
791  
792  
793  
794  
795  
796  
797  
798  
798  
799  
799  
800  
801  
802  
803  
804  
805  
806  
807  
808  
809  
809  
810  
811  
812  
813  
814  
815  
816  
817  
818  
819  
819  
820  
821  
822  
823  
824  
825  
826  
827  
828  
829  
829  
830  
831  
832  
833  
834  
835  
836  
837  
838  
839  
839  
840  
841  
842  
843  
844  
845  
846  
847  
848  
849  
849  
850  
851  
852  
853  
854  
855  
856  
857  
858  
859  
859  
860  
861  
862  
863  
864  
865  
866  
867  
868  
869  
869  
870  
871  
872  
873  
874  
875  
876  
877  
878  
879  
879  
880  
881  
882  
883  
884  
885  
886  
887  
888  
889  
889  
890  
891  
892  
893  
894  
895  
896  
897  
898  
898  
899  
899  
900  
901  
902  
903  
904  
905  
906  
907  
908  
909  
909  
910  
911  
912  
913  
914  
915  
916  
917  
918  
919  
919  
920  
921  
922  
923  
924  
925  
926  
927  
928  
929  
929  
930  
931  
932  
933  
934  
935  
936  
937  
938  
939  
939  
940  
941  
942  
943  
944  
945  
946  
947  
948  
949  
949  
950  
951  
952  
953  
954  
955  
956  
957  
958  
959  
959  
960  
961  
962  
963  
964  
965  
966  
967  
968  
969  
969  
970  
971  
972  
973  
974  
975  
976  
977  
978  
979  
979  
980  
981  
982  
983  
984  
985  
986  
987  
988  
988  
989  
989  
990  
991  
992  
993  
994  
995  
996  
997  
997  
998  
999  
999  
1000

23-2000  
1000

- (3) Take a little breath, and retain; then, bending the knees outwards, let the body go down, until the buttocks are a few inches from the heels with the head dropped to the chest, pulling downwards.
- (4) When you are down as far as you can go, place the right hand on the left buttock (between the legs), and the left hand on the right buttock, and pull on the head downwards, until the body is bent far forward; then pull with the hands as you hold to the buttocks. Hold as long as you conveniently can; then exhale and stand erect.

Note: You will feel a congestion in the head, and sometimes in the ears, and will probably need to blow your nose, removing all mucus; you will find also that the chest is relieved of some mucus. Make this a regular part of your morning regime after your bath.

#### (A) Your Entry Into The Sacred Chamber.

Now, in going into The Inner Chamber, you are urged to take up this work with your whole heart fervently. While it has been my privilege to teach you in the Initiate Group work, and while you must more than ever reverently regard Ding Le Mei as your Teacher, recognizing that invisible bond which nothing can sever, you are now to feel that you are to rely more upon yourself - you are the Monarch of your own Monarch of the Universe.

During the week that you now enter upon, you will prepare your body with the breathing regime. You will thus successfully commence what we now call the MELTING PROCESS. Do not overwork this week - do not be lazy; do not sleep too much - do not sleep too little. Feel that every moment of the week you are being held in true balance - nothing can disturb you; no matter how bad things may seem, they could very well be worse. No matter how involved life may appear, ALL is right with the world. Nothing can disturb your calmness and your poise, equilibrium, rhythm of life; you are established in Joy and Peace in The Great Light ...

"I AM HAPPY - I GIVE THANKS."

Memorize this: "I AM NOW PREPARING MYSELF FOR MY DAY OF TRIUMPH. I AM NOW GROWING IN THAT KNOWLEDGE WHICH IS NEEDFUL FOR THE FULLNESS OF HAPPINESS AND USEFULNESS IN MY OWN TIME, PLACE AND STATE. .... I AM NOW BEING SHOWN THE WAY, AND THE DOORS OF MY MIND ARE NOW OPEN THAT I MAY SEE THE WAY."

#### (B) Are You Ready To Face The Light?

I am now to assume that you have faithfully undertaken the previous Lessons in Mentalphysics which enable you now to declare that you are ready to go further to Face the Light. You have mastered the physical side of the Spiritual Breathing. You have arrived at the intellectual conception that "WHATEVER THE CREATOR IS, I AM." You have come into the understanding of these Seven Points, and know that --

THIS SPACE IS FOR YOUR OWN NOTES

(a) TO BE PERFECT, YOUR LIFE MUST BE ORDERLY. There is Exterior Orderliness throughout the Universe, and you can say that you understand that from the atom to the Sun, from the amoeba to YOU - MAN, made "In The Image" - there is perfect Order in that Perfect Law which propels and sustains the perfection of The Universe. You can also say that you understand that, as in the Macrocosm there is this Orderliness that is exterior to you, so in the Microcosm, which is YOU, there is that similar Law, that similar Perfection of Law, that similar Orderliness .... and the interior Orderliness, though depending largely in principle on Exterior Orderliness, is the more important to you.

(b) LIFE IS NATURE'S FULL EXPRESSION. YOUR life is the triumph of that Principle in Nature which is everlasting. Your Thought is the substance of that Principle. As you are an Idea of God, so your Thought is the substance of God in transit, and your life is Nature's full expression just in relation as you manifest rightly Creative Intelligence. Nature works by Law, so do you - how? By the Law of Habit, which is part of Nature. Habits may be bad, indifferent or good.

(c) HABITS CREATE MEMORY, and the human being is the sum totality of all his habits. Every good habit is a milestone on the progressive, constructive Path - every bad habit is retrogressive and destructive. Habits are caused through Thought. Because the universe is essentially perfect, human nature is essentially veracious, so that every idea that a sane human mind is capable of holding must be true - those ideas (from which habits are formed) which are contradictory are to be reconciled by eliminating their negative elements, when the positive elements will be found to coalesce. Which means that where there are bad habits, all that we have to do is to hold the thought of good habits, so that they may be born in the consciousness and so eject the bad.

(d) MEMORY BUILT UP BY GOOD HABITS brings the life of the human being into Nature's full expression... brings the life into correspondence with exterior orderliness - and a realization of exterior orderliness means full recognition of interior orderliness, and vice versa. The "Me" is orderly, and the "Not Me" is orderly, until there is a merging into consciousness of only "THE ONE" - and men call it God.

(e) THE PURITY OF A THING IS ITS PERFECTION. Purity is freedom from contamination by substances lower than the pure substance of the thing itself... think of your own pure breath (the result of interior orderliness of the organism) and the impure breath of one who knows less than you know (the result of interior disorderliness or lack of orderliness).

(f) LIGHT IS LIFE. Read thoughtfully the first five verses of St. John. "... and the LIFE was the LIGHT of men."

(g) LIFE IS LIGHT. It is the symbol of Truth, light once kindled, spreads till all is luminous. As Light is Life, there is naught BUT LIGHT, and Light thus is the first emanation (of God). It comes to

THIS SPACE IS FOR YOUR OWN NOTES

us -- First, In the light of the Senses; Second, in the Light of the Reason; Third, in the Light of the illumination of the Spirit.

(C) Something About Radiology.

"Radiology, the youngest of the medical sciences, may yet deal with the FORMULA OF LIFE ITSELF. For life, they say -- (and we KNOW. - D.L.M.) -- is light; and light is made up of rays which are rapidly yielding their secrets to the physicist, the chemist and to those who apply them to the cellular activities of the human body... There are no secrets for these rays. They alter the structure of the cells, mingling with the atomic arrangement, breaking it up, with death in some cells which ought to die, such as abnormal cancer cells, releasing others to new life. The latest report from the California Institute of Technology, that radium rays have been converted into electrical particles, indicating the secret of the creation of matter, caused no surprise. They (the radiologists) are also willing to accept the recent statement of Dr. Richard Willstatter, of Munich, one of the greatest living chemists, that life may be explained in chemical terms.

"In five years," said Dr. Albert Soiland, of Pasadena, "we may see the solution to this problem. In these rays, in the work of disintegrating their constituent atoms, the breaking up of the nucleus, we have the secret of the Universe. ALL IS LIGHT TRAVELING IN WAVES OF DIFFERENT INTENSITY." (We in Mentalphysics have learned this long ago, and can say that LIGHT - the Light of the Divine Wisdom, that is in Every Living Thing, is LIFE ITSELF - D.L.M.) We will know some day just how to shoot electrons into the human body.

IN MENTALPHYSICS WE HAVE ALREADY LEARNED THAT THE LIFE OF US IS THE LIGHT, AND IN OUR OWN SPIRITUAL BREATH WE HAVE THE DIVINE SECRET REVEALED.

(D) Begin By Examining Yourself.

I ask you to study these Seven Points, and make a record of your own thought upon them.

Sit restfully and feel after the Truth of Life within you. Devote at least three nights this week to not less than one hour in which you shall belong to yourself. Every alternate night, go alone and think. You have breathed your Memory-developing Breath three times during the day. What have you felt in those breaths? Did you feel physically or mentally any difference between the breathing in the morning and the breathing after sundown - what did you experience physically - what thoughts came to you? Write down your findings. I suggest an entry such as this:

Date.	Morning breath	What I experienced:	Physically
	Midday breath		Mentally
	Evening breath		Spiritually

If you will take trouble to keep a record and watch changes, you will be eternally grateful to me for this suggestion as to how you should work. You will thus be able to make intelligent comparison as you go on.

## THIS SPACE IS FOR YOUR OWN NOTES

1. *What is the relationship between the concept of "the self" and the concept of "the other"?*

2. *How does the concept of "the self" relate to the concept of "the other" in the context of social interaction?*

3. *What is the relationship between the concept of "the self" and the concept of "the other" in the context of communication?*

4. *How does the concept of "the self" relate to the concept of "the other" in the context of social identity?*

5. *What is the relationship between the concept of "the self" and the concept of "the other" in the context of social perception?*

6. *How does the concept of "the self" relate to the concept of "the other" in the context of social behavior?*

7. *What is the relationship between the concept of "the self" and the concept of "the other" in the context of social cognition?*

8. *How does the concept of "the self" relate to the concept of "the other" in the context of social motivation?*

9. *What is the relationship between the concept of "the self" and the concept of "the other" in the context of social learning?*

10. *How does the concept of "the self" relate to the concept of "the other" in the context of social development?*

### Theoretical approaches

There are several theoretical approaches to the concepts of "the self" and "the other". One approach is the social cognitive perspective, which views the self and other as objects of social perception and social cognition. Another approach is the social constructivist perspective, which views the self and other as products of social interaction and social construction. A third approach is the social relational perspective, which views the self and other as relational entities defined by their interactions with others. A fourth approach is the social identity perspective, which views the self and other as components of social identity and social group membership. A fifth approach is the social comparison perspective, which views the self and other as objects of social comparison and social evaluation. A sixth approach is the social exchange perspective, which views the self and other as objects of social exchange and social transaction. A seventh approach is the social learning perspective, which views the self and other as objects of social learning and social imitation. A eighth approach is the social development perspective, which views the self and other as objects of social development and social maturation.

Other perspectives include:  
- Social constructivist perspective  
- Social relational perspective  
- Social identity perspective  
- Social comparison perspective  
- Social exchange perspective  
- Social learning perspective  
- Social development perspective

SLEEP - Sleep with your head to the North, your feet, of course, to the South.

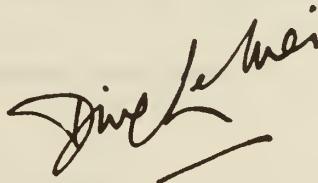
WAKING - Wake up carefully. Watch your first thoughts, and if there be any fear thoughts, take this meditation at night -- "I AM COURAGE - COURAGE - COURAGE. I am THAT. Whatever the Creator is, I am - I am Courage. I am Free."

This first week is a week which is introductory to Inner Chamber work. Again I invite you to come into the Inner Chamber with all the Light that you have. Determine that nothing shall interfere with the faithful pursuance of your work during the next few months.

Feel, if you can, that through all the "time" that has gone, you and I have been seeking each other. We have met. Now it remains for us to come truly to KNOW the Law.

My Peace I send to you always.

Sincerely your Teacher, in Fraternal  
Bonds of Joy and Hope,



Written in Faith at Los Angeles,  
California, U.S.A.

\*\*\*\*\*

Your Next Lesson will introduce you to "The Cave of the Moon", and you are to know that you will not be able to understand subsequent Lessons unless and until you have thoroughly mastered Lessons that have gone before. Therefore, learn thoroughly all that you can about The Memory-developing Breath.

THIS SPACE IS FOR YOUR OWN NOTES



# The Inner Chamber

## of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

**2**

"THE CAVE OF THE MOON" (one)—Finding The Light; Mystery  
of the Aura and Technique for Reading It; Search for Our Higher  
Light in the Four Zones of the Human Temple.

Breathing Instructions for the Week:

Repeat Breathing as outlined on Page One of The First  
Commentary. Do not miss once.

My Beloved Student in Mentalphysics, Noble of The Light:

Greetings in The Bond.

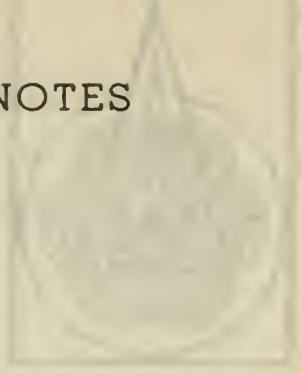
We are now to investigate, reverently and slowly, the higher aspects of our Teaching. You will naturally be expecting me to define for you "The Cave of the Moon", but I confess that I cannot define it. I can only teach you how to REALIZE it for yourself. In all our teaching in Mentalphysics we have been directed towards The Light - and Light is LIFE. "Light" is also used as a synonym for spiritual knowledge and evolution, since, to the seer, the Spirit (or Solar Principle) the Principle of the Soul, or the Sol--the Sun of Man is at certain times actually visible as a light . . that "true Light which lighteth every man that cometh into the world."

The spirit of the average man or woman exists, as it were, in embryo only, and appears as a dim or tiny light at some distance above the head and all around the body. The luminosity of the finer bodies is the manifestation of the emotions and thoughts of the individual. It is termed the Aura and interpenetrates the physical body, being present throughout life and being withdrawn at "death".

We think, then, of the Life as Solar Force; and we can see this Solar Force as reflected and expressed in the Aura. We are to go on towards The Light as we develop the power to read our own aura and the auras of others. (The aura is actually the emanation of the Divine Sun of Life within us; in the physical, the light from every cell; in the mental, from the Intellect and Reason; in the spiritual, from the Imagination or Divine Creative Power.)

This Light that we are to investigate is truly the Life of every living thing, and we must practice and do all that we can to see it in others and feel it in ourselves. This Teacher (as many of my students know) can take any human being and read the aura with my hands and Eye (my hands especially, and the Inner Eye). I probably could take you, and without touching you, so read the aura that I could tell you much that has happened in your past life and indicate to you what you should do in the future; can tell at once whether and what the

THIS SPACE IS FOR YOUR OWN NOTES



1. *What is the best way to study?*

2. *What are the best ways to learn?*

3. *What are the best ways to remember information?*

4. *What are the best ways to practice and review?*

5. *What are the best ways to organize information?*

6. *What are the best ways to work with others?*

7. *What are the best ways to stay focused and organized?*

8. *What are the best ways to stay healthy and energized?*

9. *What are the best ways to stay positive and motivated?*

10. *What are the best ways to stay organized and efficient?*

11. *What are the best ways to stay focused and organized?*

12. *What are the best ways to stay healthy and energized?*

13. *What are the best ways to stay positive and motivated?*

14. *What are the best ways to stay organized and efficient?*

15. *What are the best ways to stay focused and organized?*

16. *What are the best ways to stay healthy and energized?*

17. *What are the best ways to stay positive and motivated?*

18. *What are the best ways to stay organized and efficient?*

nature of any disbalance on the physical, mental and spiritual planes of your life; and possibly know more about you in a single moment than you have learned about yourself throughout your whole life. This is the result of being able to read people's auras.

(A) Exercise for Reading the Aura.

THIS IS THE EXERCISE THAT I RECOMMEND TO YOU - KEEP IT TO YOURSELF:

I divide the organism into four parts - this is merely for the matter of clear feeling and thinking --

- 1 - THE SPIRITUAL (the Head); the Kingdom; the Throne of the Spirit; Atman; Heaven.
- 2 - THE FIRST TERRESTRIAL ZONE - In the physical organism this is that part of the body that contains the heart, the lungs and other organs that enable us to come into life and remain in life . . we breathe, the heart carries on the circulation of the blood, etc.
- 3 - THE SOLAR ZONE - In the physical organism, the Solar Zone is from the navel (the last gate, the last connection at physical birth) to the reproductive and creative organs. This is the Zone of Birth (of the physical body, but also the zone of birth of ideas, and hopes, and inspiration, and aspiration, of emotions, etc.).
- 4 - THE SECOND TERRESTRIAL ZONE - In the physical organism, this is the feet particularly and the legs, for we get the contact between ourselves and the earth upon which we live through the feet. "Purify thou my feet".

(a) Standing opposite the person whose aura you wish to experiment with, place your right toe against their left toe, and your left toe against their right - this will give you a connection, and you should be able to FEEL at once a difference. Then, closing your eyes, and having the "patient" assume an entirely relaxed state of mind, place your hands, also relaxed, above their head and move them gently around their head, not below the neck -- you should be able to feel a slight tingling feeling something like a very slight electric shock. Rest in it - feel it and let the feeling register in your mind.

(b) Then come down slowly, and feel around the shoulders and opposite the throat and chest - see whether you notice a change. (I often feel a very distinct change between the Spiritual and the First Terrestrial. I advise you to IMAGINE that you feel this force; imagine that at your finger tips there is the tingling sensation.

(c) Then come down feeling outward from the body on a level with the ribs - rest a moment - imagine that you feel it again, and notice if you feel any difference. The probability is that you will feel at the Solar Zone a greater force on the left (or negative side) of the body than the right. On the left of the body you may feel a sensation in your left hand as if it is filled with a peculiar vapor, making itself known at the finger tips and possibly running right up your right arm. Come over to the front of the body, and see whether this feeling that you experience on the left of the body continues at the same distance away from but in the front of the body. Feel opposite the creative organs - go close (about two inches from the body) and then come gently further away and see whether the feeling gets weaker, and note how far away from the body the change commences.

THIS SPACE IS FOR YOUR OWN NOTES

(d) Then come down and see whether you can feel that feeling down towards the feet.

(e) Having done this, try to analyze what you have been feeling. See whether the person is a positive character - or a negative character. If negative, you will probably find the hands moist, and if positive you will find the hands dry and pleasant to the touch. Feel at the finger tips of the "Patient", and see how far away from the fingers you can trace this tingling sensation.

When you successfully and consciously carry out this through this mechanical process, you will gradually lead yourself on to reading the aura of another by merely sinking within yourself and "seeing" with the Inner Eye, and "feeling" with your own Solar Force.

We shall return to this later, but in the meantime it is for you to practice whenever you can. "Feel" people on the street car, in the theater, wherever you are --- and GET TO WATCH PEOPLE AND THEIR MOVEMENTS AND THEIR HABITS, trying to figure out for yourself what each phase of expression means. In that way you will find yourself always IN The Light, going on towards the stars, the moon, the sun, the sun behind the sun. To attain to the Heavenly Atmosphere we begin, then, with the "human atmosphere" - to know the Heavenly Heart we must know the Human Heart.

In your progress toward the Light, remember that constant aspiration to KNOW Universal LAW liberates in you that Force which is the Living Flame, and which acts under the direction of the Creator within you, with or without conscious effort of the finite mind. The Fire, once liberated, begins immediately to displace the sluggish nervous force and to open and perfect those nerve centres (or minor brains), atrophied through disuse, and which, when regenerated, reveal to us super-physical states of consciousness and knowledge of our lost sovereignty over Nature.

You are aware that knowledge as to the development of this Solar Force has been sacredly guarded in all ages, lest man, through ignorance, should employ it to his destruction. "That soul," wrote the Comte de Gobalis, "who will renounce all personal ambition, and will seek by selfless service of his fellow beings to obey the Divine Spirit within may evoke this Flame and achieve a knowledge of Nature's secrets and mysteries. But unless governed by the God within, and with selfless purpose, this Fire will intensify the lower passions and make the man a destructive force working contrary to the Law of Nature. He who seeks Divine Knowledge will surely find it, for the Divinity in man ever strives to render unto him his lost birthright. No sincere effort to solve God's Mystery passes unheeded by the Silent Watcher within."

#### (B) "The Cave of the Moon".

"The Cave of the Moon" is a phrase whose meaning will be revealed only through study and Practice.

Whenever we think of Expression, we should think of the Being behind the expression, and the more perfect the being the more perfect its expression. The Law of Expression applies to all known substances, and not alone substance (which is necessary for Spirit to express through), but to ideas and aspirations and emotions (which is Spirit unexpressed through substance) . . for the Law of Being gives forth expression. The whole Universe is the Expression of Its Being. You can see that You (Expression) are what you are because of the Being of You behind the expression of you. So it is with every living thing . . and we in Mentalphysios are determined to go on to a knowledge of the very Center of the Sun (in the microcosm, the Inner) to the Sun Behind the Sun (in the macrocosm, the Outer, the Universal).

THIS SPACE IS FOR YOUR OWN NOTES

We are now to learn how to take all the knowledge that we have gained in Mentalphysics, as it has been related to life on the lower planes of existence, and (by transmutation and regeneration) use it to interpret for us the higher things and go as far as we are evolutionarily equipped to go.

In our Search for The Light, then, we take the highest light that we are capable of steadily watching - The Moon. You can look into the face of the Moon and not be weary; every poet has exulted over the Moon and associated it with man's highest emotion, Love. The Moon is the greatest light that we can face with equanimity.

You can steadily face and look into the stars . . . you can steadily face and look into the face of the Moon; but you cannot look long into the face of the Sun. So, you see that the MOON is the greatest light you are so far capable of facing; and by practice of facing and looking at the Moon, you equip yourself to go on to Face the Sun, at long last to come to the Center of the Sun. (The total amount of light given by the full Moon is probably less than one-three Hundred thousandth of the Sun.)

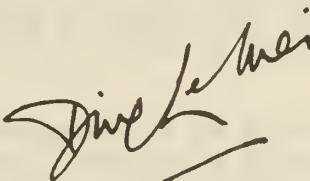
All this is naturally symbolical, but as we imagine and examine Principle in the outer (physical or sensible) universe we lead ourselves from the outer to the inner (supersensible) universe. And then we find that Man Himself is symbolic. Being the highest product of Nature, he is more adequately symbolical of that which is above or behind or below (the cause of) Nature than anything in sub-human Nature can possibly be . . . for Man is the Creator in human form.

We shall learn how to enter the "Cave of the Moon" in due process of practice. The first step is in the Memory-developing Breath, through which the principle of living is revealed to us.

I trust that each day of this coming week you will be calm and happy. Watch - watch - watch! Be spiritually analytical. Watch your life force. Watch your emotions and feelings. Watch your thoughts. At night, after meditation, and immediately before going to sleep, place your hands over your body, and feel whether you are sensible of the expression of the Force in and through your body. Feel whether the feeling that you become conscious of at the top of the head is identical with that which you can feel over the reproductive area . . whether you are the same on the right (positive) side of your body as you are on the left (negative), and so on. Enjoy your own company. FEEL THAT YOU ARE HAVING UNFOLDED TO YOU THE SOLAR FORCE OF THE UNIVERSE AS IT IS EXPRESSED THROUGH YOUR OWN LIFE BEING.

My Peace I send to you always.

Sincerely your Teacher, in Fraternal Bonds of  
Joy and hope.



Written in faith at Los Angeles,  
California, U.S.A.

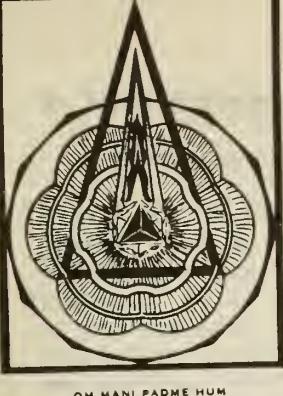
BE FAITHFUL.

BE HAPPY.

GIVE THANKS.

End of The Second Commentary,  
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



OM MANI PADME HUM



# The Inner Chamber of the Science of Mentalphysics



THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

**3**

"THE CAVE OF THE MOON" (two)—The Memory-Developing Breath; The Reality of the Universe; Cleansing the Memory Through the Melting Process.

## BREATHING INSTRUCTIONS FOR THIS WEEK:

First day of Week - Breathing as outlined on Page One of The First Commentary.

Second day of Week - Breath the Memory-developing Breath silently - that means, sit in the attitude of Meditation, and go through the Breath in your mind only. Imagine that you are breathing physically, and that you feel the full sensation as in the physical breath, but that, instead of feeling the sensation of the rush of breath into the nostrils, you imagine that the breath is coming in through every part of your body . . that you are breathing through your skin, through your bones, through every part of your body.

Third day of Week - As on the First Day.

Fourth day of Week - As on the Second Day.

Fifth day of Week - As on the First Day.

Sixth day of Week - As on the Second Day.

Seventh day of Week - As on the First Day.

## CONTEMPLATE THIS:

"True without error, certain and most true: That which is Above is as that which is Below, and that which is Below is as that which is Above, for performing the miracles of The One Thing. And as All Things were from One, by the mediation of One, so all things proceeded from this One Thing by adaptation. The Father of It is the Sun, the Mother of It is the Moon, the Wind carried it in its belly, the nurse thereof is the Earth.

"This is the Father of All Perfection and consummation of the whole world. The power of it is integral, if it be turned into Earth. Thou shalt separate the Earth from the Fire, the subtle from the gross, gently, with much sagacity. It ascends from Earth to Heaven, and again descends to Earth: and receives the strength of the Superiors and of the Inferiors. So Thou hast the glory of the whole world; therefore, let all obscurity flee before thee.

"This is the strong fortitude of all fortitudes, overcoming every subtle and penetrating every solid thing. So the world was created. Hence were wonderful adaptations, of which this is the manner." - From Hermetic Writings.

THIS SPACE IS FOR YOUR OWN NOTES



...and you will find that the days of your life will be filled with joy and happiness.

Free download



...and you will find that the days of your life will be filled with joy and happiness.

Free download

...and you will find that the days of your life will be filled with joy and happiness.

Free download

...and you will find that the days of your life will be filled with joy and happiness.

Free download

Greetings in The Bond.

We are now to proceed to investigate the higher aspects of the Memory-developing Breath. You know how to sit erect and perform each physical requirement of this Breath, and you have practised it. What we are doing is what in future will be referred to as the MELTING process . . in other words, we cleanse the substance of the physical body, the instrument of the Spirit, the instrument through which the Spirit works. Every cell is awakened - set to work . . is "MELTED" into its own purity, into its own pure gold. The first effect is experienced in the slight dizziness in the head, which comes from the great oxygenation of the brain. And with practice we find that we are doing with the higher body (the Mind) what we have done with the physical body.

(At this point of this Commentary refer to your Scientific and Breathing Chart; read carefully, consider and be sure that you have memorized the spiritual affirmation following the Memory-developing Breath.)

(a) CLEANSING THE MEMORY THROUGH THE MELTING PROCESS.

In the Memory-developing Breath there is disclosed to us much that we would rather were not a part of us; we see much that is negative and weak and contradictory to the Truth of Life. Faithfully carrying out the Breath, however, cleanses and takes from our Memory that which is negative and weak, bringing the Memory to a state of clarity and cleanliness and purity. So we are able to gradually lead ourselves on to declare in a later Breath (the Vibro-magnetic) : "I PLEDGE MYSELF THAT NOTHING SHALL ENTER MY MEMORY - NO IDEA OF NEGATION OF WHATSOEVER KIND - NO IDEA OF DISEASE, DECAY, OLD AGE, SENILITY, DISAPPOINTMENT, DOUBT, FAILURE, DEATH... NOTHING SHALL ENTER MY MEMORY BUT THAT WHICH IS IN UNISON WITH ALL TRUTH AND MY OWN VERY HIGHEST CONCEPTION OF TRUTH." We are taking out the False and are building in the True and the Real.

From experience we have come to know that right breathing (a) ORDERS the physical body, places it in order; for with true breathing the health improves; (b) The same beneficial effect is assured us in the Mind - we are happier and more inspired and hopeful; and (c) You are spiritually at peace. In other words, MORE LIGHT (LIFE) COMES INTO THE BODY - THE MIND AND THE SPIRIT - INTERIOR ORDERLINESS.

You are starting here on your Mystic Journey to "The Cave of the Moon". Many may wonder why physical exercises of breathing are necessary in connection with Spiritual Teaching. But you have practised; you KNOW; the answer has already been revealed to you, for it is very simple. Consider this: A child is not able mentally to add 2 and 2 and get 4 as the result until it has read with its eyes and written with its hands many times the proposition 2 and 2 make 4. But after it has used its eyes and hands many times its mental faculties (the Conscious Mind) bring to the child this little bit of knowledge, and after a while, knowing that 2 and 2 do equal 4, it is able to demonstrate the principle of Arithmetic.

(6) TRIUMPHING OVER PRINCIPLE.

In precisely the same way we start here. We are told that the Truth of Life is our goal. The Principle of Life is as easy and fixed as the fact that 2 and 2 equal 4. But Man - the great majority of human beings - is not conscious of his True Nature. Man does not know that he is the Creator in human form . . does not know that he is the Monarch of the Universe . . . does not know that, through the process of thinking and getting to know (building the Memory), he is the Creator of his Universe. But we, thanks be, do to some extent know. Just as the child demonstrates the

THIS SPACE IS FOR YOUR OWN NOTES

principle of arithmetic, so will you, O Noble of The Light, demonstrate THE PRINCIPLE -- and your life is a triumph over Principle. The first phase of Principle that you can know is your Breath, because it is the basis of your life; your Consciousness is your Memory; your first breath, then, and every subsequent breath builds your Memory, which is You, Your Consciousness.

In your Inner Chamber work I charge you to be faithful - if you are not faithful to your highest aspirations, then a dullness of the Spirit will come, bringing darkness of the Mind. We must ever aspire to live what we know. It must become a HABIT to be faithful to our highest aspirations.

(c) THE REALITY OF THE UNIVERSE.

While considering this Commentary you are asked to consider again carefully Lesson Three in Series One of Mentalphysics or "The Holy of Holies" in the Initiate Group Documentary Lessons. I want you to get the truth firmly fixed in your mind that universals are the whole and the reality of life, while particulars are single things or details emanating from the Whole Reality, from universals.

Ideas are universals; ideas are more real than things. The universal exists in all particulars, because it existed before the particular, for WISDOM IS THE UNALTERABLE BASIS OF ALL THE UNIVERSE, which is saying in another way that in all forces there is a substantial unity, for all forces come from the One Force. At the back of and beneath all there is the One - The Absolute. Says Henri Borel: "Lao-Tze wrote at the commencement of his book the sign TAO. But what he actually meant - the Highest, the One - can have no name, can never be expressed in any sound, just because it is the One. Equally inadequate is the term God. ... There exists an Absolute Reality - without beginning and without end - which we cannot comprehend, and which therefore to us must be as Nothing. That which we are able to comprehend, which has for us a relative reality, is in truth only appearance. It is an outgrowth, a result of absolute reality, seeing that everything emanates from and returns to that Reality. But things which are real to us are not real in themselves. What we call Being is in fact Non-Being, and that which we call Non-Being is Being in its true sense. What we imagine to be real is not real, and yet emanates from the Real, for the Real is the Whole. Both Being and Non-Being are accordingly TAO."

So that we see that - Substance is ideally One, - but really multiple.  
Force is ideally One, - but emanates from many substances.  
Form is ideally One, - but is a modification of some particular substance.  
Life is ideally One, - but is expressed in limitless forms and substances.  
Spirit is ideally One, - but is expressed in finite beings as separate individual spirits.

No matter how involved these Commentaries may appear to you, I assure you that the inner meaning of them will be revealed to you as you sit each evening reading and re-reading them in contemplation of the hidden truth. You must give much time to silent reverent thought, and the hidden Truth in these pages will be gradually revealed in true manifestation.

(d) POWER OF MEDITATION.

As your Teacher, I hope that you have long ago discovered that we can get the very center of Universals through the Golden Key of Meditation. You are urged to faithfully meditate each night before retiring.

THIS SPACE IS FOR YOUR OWN NOTES

Meditation for the coming week before retiring:

"I AM ESSENTIAL SUBSTANCE: I TAKE REFUGE IN THE ORDER OF SUBSTANCE.  
"I AM ESSENTIAL FORCE: I TAKE REFUGE IN THE ORDER OF FORCE.  
"I AM ESSENTIAL SPIRIT: I TAKE REFUGE IN THE ORDER AND SILENCE OF SPIRIT.  
"I AM LIFE . . . eternal, never-ending, everlasting . . . I AM LIFE."

(e) ATTITUDE OF MIND DURING THE DAY.

(1) Each morning, after your breathing, sit opposite a mirror, viewing the reflection of yourself, and say aloud to yourself, addressing yourself by name: "John - today you do not utter a single word of negation. You divide this day into short periods - you live it consciously moment by moment, and succeed in the true expression of JOY moment by moment. You continually give thanks. You are the Silent Watcher over yourself throughout this day."

As a little child will enter into experimentation to gain knowledge, so you - with simplicity of spirit and childlikeness - must enter into watchful experimentation. Every moment you are watching - every moment you are happy. Every moment The Light is shining through you, so that nothing that you do or say or think or feel can disturb the Light of the Divine Wisdom that you are.

(2) Exalting the Fire of Life: - Do this once or twice during the day -- it will take but a minute or two: Analyze your physical feelings - Am I feeling as light and full of vigor as I was earlier in the day? Am I as happy? Am I as full of courage and faith? Take The LIGHT: See it at the top of your head - bring it down over your spine to the base of the brain, between the shoulder blades, at the small of the back, down to the base of the spine. Then rest. Let it come down between the buttocks and hold it over that glorious reproductive system, so that you literally feel the Fire that gives the Flame that brings the Light. Then bring it upwards, imagining that you feel heat around the navel; bring it up in a "V"-shape to the nipples; bring it up further to form a "V" upside down, the bottom of the "V" being at the thyroid in the throat; then draw it up further, flooding that beautiful face with Light - then finally think of the top of the head. THEN REST. Then imagine that with your beautiful rhythmic breathing you are "fanning the Flame" so that you see the pure gold of the Light going outward, Outward, OUTWARD . . . and you KNOW that "MY WHOLE BODY IS FULL OF LIGHT."

(3) Be Happy - Give Thanks.

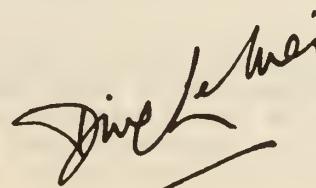
(4) We shall gradually lead ourselves into esoteric knowledge of what is generally called Sex. If you are not in possession of our book, YOUR SEX LIFE, you should apply to the Book Department of the Institute for it - it costs but two dollars.

I send you my Highest Thought . . You are Truth - and Youth - and Health - and Joy - and Love - and LIFE . . and you have found The Great Peace.

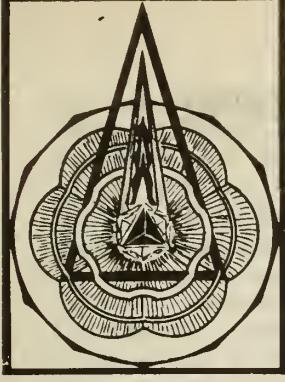
Sincerely your Teacher, in Fraternal Bonds  
of Joy and hope.

Written in Faith at  
Los Angeles, California, U.S.A.

End of the Third Commentary,  
Inner Chamber



THIS SPACE IS FOR YOUR OWN NOTES



OM MANI PADME HUM

# The Inner Chamber of the Science of Mentalphysics



THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

## COMMENTARY

### 4

"THE CAVE OF THE MOON" (three)—The Memory-Developing Breath; Mystery of Universal Tithing; Importance of Rendering Equal Return; Aspects of Law of Giving.

#### BREATHING INSTRUCTIONS FOR THE WEEK:

MORNING

(a) Silent Breathing of the Memory-developing Breath - Every Morning go through the Breath, directing the force that you feel to the Physical Body, so that when you come out of the Breath there is a glow in every cell and you know that "Every cell of my physical body is charged with LIGHT", and that the Light is transforming the body into perfection of Physical Health and Mental Vigor.

EVENING

(b) Every Evening go through the Breath from the Spiritual point of view, so that when you come out of the Breath you are sure that your Mind is so full of Light that nothing that you feel or do or think or say can be negative, but that through you the Light of the Divine Wisdom is steadily glowing.

#### MEDITATION FOR THE WEEK:

"I AM ESTABLISHED IN ORDER - INTERIOR ORDER, EXTERIOR ORDER.  
"THE POWER OF MENTALPHYSICS IS SPREADING THROUGHOUT THE WORLD."

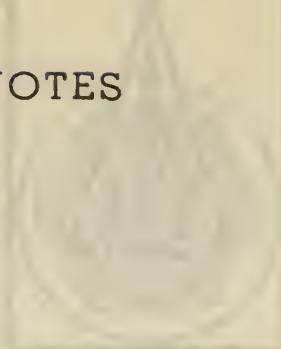
My Beloved Student in Mentalphysics, Noble of The Light -

Greetings in The Bcnd.

The measure of your Spiritual growth is your power to render thanks where and to whom they are due. I realize that as I try to give, so the whole great realm of Nature responds to me with Infinite Abundance. In all fellowship there is an interchange of benefits, and wise is he who recognizes that only by the return of the benefits he receives (in the form that he is able to make return) does he raise himself to a position as high as the one by whom the benefits are bestowed upon him.

In the Memory-developing Breath, we see that no matter in what volume we return benefits we have received, we fail (and shall always fail) to make adequate return, for it is simply not within our power to make return for what we receive from God - in friendships from those who teach us from their experience, in material substance that flows ever towards us and into us, in every good gift of life,

THIS SPACE IS FOR YOUR OWN NOTES



and for Life Itself . . it is, I repeat, not within our power to make adequate return. (What, for example, could I, Ding Le Mei, possibly give to my Master in Tibet, for what he taught me? - I can only stand in reverence, and give my All.) JUSTICE - the greatest of all Law save LOVE, which itself cannot be unless embodied in Justice - demands that for whatever is received, a return as nearly adequate as possible shall be made. If we receive - no matter what it is that we receive - Justice demands that we make a proportional return, for only thus can we grow. This Law is the Law on all planes of existence. In the physical realm, what strictly material return can be made by a person who regains his or her sight or hearing, as examples, or his improved bodily condition, to the personal who, by right teaching, leads him to that point of understanding? (Let your mind rest upon this Law of Justice).

I tell you this to illustrate: Only this morning I received a letter from a lady whom I have never seen - she is a Home Study Student. She said in her letter, "I simply cannot find words to thank you. Since I came into Mental-physics I have learned just how to live. I am now perfectly strong and well, but before I was always tired and grumpy and ill. I am happy, but I did not know before what happiness was. I have more than I ever had in my life of money and other things, and I put this down to the use of my little bank. . . . I can never, never repay you, and I want this great Teaching to go throughout the world. I enclose a gift, and wish that I could make it a hundred thousand times as much, for I know that I cannot place a value upon what I have gained from you." And this is true.

HOW, then, CAN we adequately make the return that is due to the Universe - to God and man? Now, mark this well: There are only two substances we can give anywhere, and now that we know the effect of the Fourfold Law, we know that AS we give, SO WE RECEIVE. The two substances are -

- (a) SPIRITUAL SUBSTANCE (While these are two, in
- (b) MATERIAL SUBSTANCE essence they are One.)

When we analyze we find that there is in all spiritual imparting an alliance with material imparting, and in all material imparting an element of spiritual imparting. If you realize spiritual values - when you are led further along The Path into The Light - you are taking actual material values, even though the vehicles through which they come to you are immaterial. The ONLY way that you can make return for such values is probably only through material means . . . AND SO IT IS ABSOLUTE LAW THAT HE WHO HAS RECEIVED SPIRITUAL VALUES AND FAILS TO MAKE RETURN HAS MERELY DEGRADED HIMSELF.

THE LAW IS THAT WE MUST MAKE EQUAL RETURN. There are some individuals and some societies that explicitly adopt and act upon the principle that Spiritual values should be systematically and habitually given and accepted without the making or expectation of any material return. But THAT IS NOT LAW. Before the Earth gives forth the harvest of her abundance, she demands the seed. WE must NEVER accept anything whatever without making ideal return. THE LAW is, that if we receive Spiritual benefits and it is possible for us to return similar benefits, then it is right that we should do so. If we withhold our hand from returning spiritual benefits with material substance, then we put ourselves into a state of spiritual pauperization, which in turn will mean material pauperization.

That is why so many people in the world have so little, because they have refused systematically to leaven the whole lump with what they themselves can give, in their ignorance and greed believing that they can perform cosmic gymnastics by cheating the fundamental Law of the Universe, expecting to reap without sowing the Seed.

THIS SPACE IS FOR YOUR OWN NOTES

1. *What is the relationship between the concept of "cultural capital" and the concept of "cultural reproduction"?*

2. *How does Bourdieu's theory of "cultural capital" relate to the concept of "cultural capital" in the field of education?*

3. *What are the implications of Bourdieu's theory of "cultural capital" for social inequality and social mobility?*

4. *How does Bourdieu's theory of "cultural capital" relate to the concept of "cultural capital" in the field of art?*

5. *What are the implications of Bourdieu's theory of "cultural capital" for the study of culture and society?*

SPIRITUAL VALUES are REAL VALUES. Real values can only adequately be returned with real values. I do not mean returned by the utterance of a "God Bless You", after we have received spiritual values, for such thought is generally either hypocritical or so feeble as to be of no value; THOUGHT THAT DOES NOT LEAD TO ACTION IS ABORTIVE AND FUTILE.

#### (A) Regenerating the Human Race

If we are niggardly and mean, that is the effect of the habit of niggardliness and meanness of some previous time in our experience -- niggardliness and meanness being in our Memory. Multiply this ad infinitum, and we see what the human being is and how he has become what he is.

In considering the various aspects of the Memory-developing Breath, it is seen that we should never forget those who have given to us real values. We should never forget our Mother, our Father, our Teacher - or anyone from whom we have received the everlasting substance of Knowledge. It is for some to be privileged to feed the hungry, for others to give to the poor and to clothe the naked, for others to supply the intellectual needs of those less informed, for others to give of material and transient and ornamental benefits; but it is given to few to disclose deep Spiritual teaching that is of such transcendent permanent application that it alone can be classed as true and real values. But when values of this nature are received it is not possible for the individual to make adequate return - for no matter what the material return, it can never fully compensate. They who endeavor to get something for nothing are merely deluding their higher selves, for they who receive without making such return as lies in their power, do not really receive; or, perhaps one may say it in a different way - they receive but the dregs, for the whole is polluted with their own self-degradation.

At the basis of all true thought which results in happiness and mental and spiritual contentment lies the knowledge that we have given what we could give; and if we have not given what we could give, we short the Universal Force, in which all bounty resides. That is why tithing is so important to all whose faces are towards The Light.

Though it may not seem to be so, THE LAW is -

**FOR EVERY MAN** - Ten per cent (one-tenth) tithe towards Life. Though a man may not believe in tithing, and may definitely not tithe himself in any way, the Universe, by its LAW, takes away from him ten per cent. of that which he has.

**FOR THOSE WHO ARE ON THE PATH, AND WHO UNDERSTAND THE SEVENFOLD PRINCIPLE OF THE UNIVERSE --** One-seventh tithe towards Life. Here again whenever we find a person who has been initiated into the Principle of the Universe, he is immediately quickened with the desire to share his knowledge and his increased well-being with others. He constantly desires to return to the Fountain from which he drank. He desires that what he has learned shall be placed before the whole human race, and desires to work for it, and invariably gives one-seventh of his substance, though he may not definitely plan it, towards this end.

**FOR THOSE WHO ARE IN THE LIGHT AND WHO KNOW WHAT THE LIGHT IS - THE TRUE INITIATE -** One-third tithe towards Life. The True Initiate knows that there is but one aim and hope, and that is to save his fellow man and regenerate the race. Understanding the Law of Being, he knows that he cannot live unto himself; and within unceasing awareness of his own life the Eternal Flow of Life Itself, he knows his whole thought is directed, not to the making of a living or to the pursuit of what the uninitiated call "happiness" (which is mere sensory pleasure), but to those who know still less than he knows and who have

THIS SPACE IS FOR YOUR OWN NOTES

less than he has.

FOR THE  
MASTER AND  
SEER -

All that he has and is; and in Truth he recognizes that this is the least he can offer to the Lord of the Eternal - for he knows that he is THE LIGHT ITSELF, and receives for right use all that he is and has from Every Living Thing.

The Height of Wisdom is to give to Every Living Thing - non-injury - for the whole is greater than the part. But whatever we receive from a part of the Whole that is known to us, to that part should we make return even greater than we receive, if that is possible. In the material realm this is often possible. A man who, having been given ten dollars in a time of need, repays it with a thousand when the time has passed in which he used the ten dollars to help him make the thousand. We see this in business life every day. As in the material, so in all realms. IT IS WHAT WE GIVE TO THE UNIVERSE THAT WE BUILD INTO OURSELVES AND TRULY POSSESS, and it is ONLY what we GIVE that we HAVE.

To withhold, then, from that channel through which spiritual values come to us is spiritual suicide. To give to Life, so that by the Fourfold Law we may have life more abundantly, is rectitude of action.

If thou expectest more of thyself, give more of thyself and all that thou art and hast. Cast they bread upon the waters that it may return to thee after many days. Therefore, every night this week, when you retire, THINK - THINK what you are, what you have, and let yourself be full of The Light through the feeling of Gratitude. On the morrow thou shalt arise in the Spirit of the Law, determined, willing and anxious to make adequate return for all that has been brought to thee through specific channels (such a specific channel as I trust Mentalphysics is for all of us), or that has been brought to you through general and universal means from Every Living Thing.

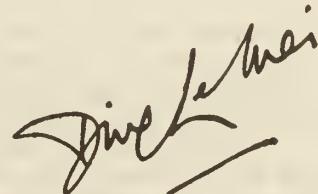
And in this regard, may I suggest to you that you may consider it as your duty (if you are not already in the Order) to commence giving to the human race - so that Mentalphysics may spread throughout the world - by means of membership in the Order of Melchisedec. You may write for information if you have not already been informed about this Order, and you are advised to do so.

My Peace I send to you always.

Sincerely your Teacher, in Fraternal Bonds of Joy and hope.

Written in Faith at  
Los Angeles, California, U.S.A.

End of the Fourth Commentary,  
Inner Chamber.



THIS SPACE IS FOR YOUR OWN NOTES



# The Inner Chamber

## of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

5

"THE CAVE OF THE MOON" (four)—The Memory-Developing Breath; Structure of The Cosmic Order as Seen in the Seven Kingdoms; The Five Great Tattvas and Their Effect.

"ABOVE THE CELESTIAL FIRE THERE IS AN INCORRUPTIBLE FLAME, EVER SPARKLING, SOURCE OF LIFE, FOUNTAIN OF ALL BEINGS, AND PRINCIPLE OF ALL THINGS. THIS FLAME PRODUCES ALL, AND NOTHING PERISHES SAVE THAT WHICH IT CONSUMES. IT REVEALS ITSELF BY VIRTUE OF ITSELF. THIS FIRE CANNOT BE CONTAINED IN ANY PLACE; IT IS WITHOUT FORM AND WITHOUT SUBSTANCE; IT GIRDLES THE HEAVENS, AND FROM IT THERE PROCEEDS A TINY SPARK WHICH MAKES THE WHOLE FIRE OF THE SUN, MOON AND STARS. THIS IS WHAT I KNOW OF GOD. SEEK NOT TO KNOW MORE, FOR THIS PASSES THY COMPREHENSION, HOWSOEVER WISE THOU MAYEST BE. NEVERTHELESS, KNOW THAT THE UNJUST AND WICKED CANNOT HIDE HIMSELF FROM GOD, NOR CAN CRAFT NOR EXCUSE DISGUISE AUGHT FROM HIS PIERCING EYES. ALL IS FULL OF GOD, GOD IS EVERYWHERE."--

Comte de Gabalis.

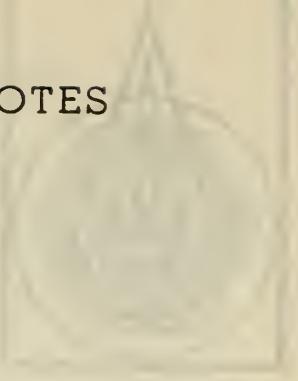
My Beloved Student in Mentalphysics, Noble of the Light:

Greetings in the Bond.

In the Fourth Commentary you were instructed in the Order of the Universe and in the Law of Giving and Receiving, (using universal substances) and during the past week you have been thinking about that Commentary in the light of Your Own Spiritual Breath. It is not wise that we go forward too rapidly, and we should not be anxious to go further than the point of understanding that we have already reached, unless our understanding embraces the imperishable and demonstrable knowledge that "WHATEVER THE CREATOR IS, I AM." Therefore I deem it wise to exhort you to take every opportunity that comes to you to think about the construction of the Universe as you understand it - its Substance, its Energy, Its Wisdom; and to realize that the more perfect your own order of thought becomes, the more perfectly do you - in all that you think and do and feel and know - approximate to the Universal Order.

The Universal Mind knows all things through the One Idea which is Itself. You and I are constantly approaching towards this same Unity of Knowledge. When we understand the essence of the Divine (Universal) Mind, we shall know all that exists or can exist. As matter tends constantly to higher and higher forms, so does thought tend to higher and higher expression, for man ascends from things to ideas, and the

THIS SPACE IS FOR YOUR OWN NOTES



more universal the ideas to which we attain, the nearer we approach the essence of the God-Thought of the Universe. Things exist because God knows them; man knows them because they exist. The more man loses himself in the Universal, the more does he absorb and reflect the Order of the Universe.

### (a) Cosmic Order.

The Greek word, Kosmos, means order, ornament, and hence the universe is an orderly and beautiful system of harmony. The Cosmos, then, is the totality of all existing things united in harmony. The Cosmos contains within itself seven kingdoms - hence the seven-fold principle within the seven-fold Universe.

The seven kingdoms, in the path of upward progression of all things, are:

THE ETHEREAL: This is the lowest of all, being the basic sphere, "yet it has certain characteristics that assimilate it to the highest, a circumstance which has led certain thinkers, more erudite in natural and occult sciences than in the more spiritual disciplines, to identify it with spirit."

Ether, (Prana), as we know in Mentalphysics, is altogether incorruptible. It is the Akasha. Just as the Akasha lies below and around Nature, so the Celestial Kingdom (consisting of Pure Intelligence), seems to lie within it. It is the kingdom of the astral light, and out of the womb of the astral light the entire corporeal universe has sprung.

THE SIDEREAL: The general system of stars, of which )  
the solar system is a member. )  
                                                                            )

THE MINERAL: You understand this.                              )  
                                                                            )

THE VEGETABLE: You understand this.                              )

THE ANIMAL: All forms of embodied conscious life.        )

THE HUMAN: We are on our way to understand this better.

THE CELESTIAL: This is the highest of all. It consists of Pure Intelligences - existences endowed with intellect and freewill, and having no corporeal form.

These are the seven "divisions" of the Cosmos. At the basis of the Universe is Breath, - The Holy.Breath.

We should now investigate a little more closely the Ethereal, or basic, sphere; and this will lead us to a better understanding of the union of Breath with Life. In Mentalphysics we have experimented and can truthfully declare that we understand more about "Breath" than we did, for through use of it - practice - we have evidence of its efficacy as Life in bringing us better physical expression and, possibly, advanced expression on all planes of our life.

### (b) The Tattvas and Their Effect

Science some years ago discovered by successful experimentation through mechanical means that there is "a positive and a negative electrical current in the air chambers of the lungs of a living person," thus painfully discovering the truths which the Orient had had in its keeping since the earliest ages of man. We now KNOW this through practice, and anyone can find it out for himself by the simplest

THIS SPACE IS FOR YOUR OWN NOTES

experimentation; for if he breathes only through his right nostril, drawing in the positive current, he will rapidly become more positive, and if he breathes only through his left nostril, drawing in the negative current, the opposite effect is soon seen.

Every student of any form of higher philosophy will have heard of the "Five Vital Airs," which are the five Tattvas. Madame Blavatsky defines the Tattvas as "both Substance and Force, or Atomic Matter and the Spirit that ensouls it." These are the subtle ethers from which the Cosmos comes. These Tattvas, in their infinitely delicate influence upon all living things cause Life to be - that is all we need to say.

The Tattvas are:

- (a) AKASHA..... The sound vibration, - directs the sense of HEARING.
- (b) VAYU..... The tangiferous vibration (the air), directs the sense of TOUCH.
- (c) TEJAS..... The luminiferous ether; the fire element in the human body; the agent that keeps up internal heat and maintains the body's normal temperature, - directs the sense of SIGHT.
- (d) APAS..... The water element; it possesses the property of contraction, - directs the sense of TASTE.
- (e) PRITHIVI... The oderiferous ether, the earth, - directs the sense of SMELL.

Each of the Tattvas has its positive and negative phases. In sub-human nature their flow and proportion varies from time to time with absolute rhythmic precision, every Tattva having its period of predominance for a longer or shorter period. With human beings, however, freewill and emotion indeed every thought, feeling and action have their effect for good or ill in the individual life. It has been known in the ancient schools of philosophy for ages that all disease has its inception in the disturbance of the symmetrical balance of these etheric life-forces. As these etheric life-forces correspond to the elements composing the body, and are renewed with every breath of the body, these life-forces - sub-divisions of Prana - furnish and modify the activities of the whole human entity.

#### (c) Effect of the Tattvas.

The effect of the Tattvas, then, is to supply to you and to me the positive and negative forces that give us LIFE. We shall return to the Tattvas later on in the Chamber, and will now consider the Cosmos from another point of view. Remember that in considering the Cosmos, you are considering YOUR SELF, the Microcosm, the exact replica of the Microcosm.

Even with this limited view of the Universe so far, we can see that all consciousness is matter played upon by force; the higher the level of consciousness is, the more subtle the matter and the more refined the vibration, the less disturbance is there of the Tattvas. As on the physical plane so on the superphysical planes. When two centers meet, each vibrating at a different rate, a balance is struck and a mean vibration results. The true Initiate (and we in the Inner Chamber may humbly regard ourselves as aspirants towards this divine state) is a highly dynamic centre of Divine Consciousness, and all less evolved entities and souls contacting this centre have their own level of consciousness raised in consequence. Thus we can see that we truly ARE our Brother's Keeper.

**The Law is: THE REALIZATION OF IMMORTALITY (PERMANENCE OF CONSCIOUSNESS) IS IN DIRECT PROPORTION TO THE RATE OF VIBRATION AND IN INVERSE PROPORTION TO THE DENSITY OF THE MEDIUM. Therefore, be faithful!**

We can see that Prana, or Solar Force, or the Life-Giving Principle interpenetrates all matter. Perpetually playing upon it, it causes different rates of vibration in the different densities. The more subtle the matter of you - or of any other living thing - the less resistance is there to this Force, and the higher is

THIS SPACE IS FOR YOUR OWN NOTES

the vibration and the resultant consciousness.

So we can say that we now understand that the EVOLUTION OF CONSCIOUSNESS IS CAUSED BY THE PLAY OF THE LIFE-GIVING FORCE OR UNIVERSAL MIND UPON OR WITHIN MATTER. The unfoldment of the supersensible or spiritual nature of you is but the progressive manifestation in you of that vital energy derived from the Highest Light (the Sun Behind the Sun) - the sun and its Divine Source. This has been known throughout the ages as the Solar Force or Serpent, proceeding from the Creator of the Sun and Worlds, the Great Architect of the Universe.

"By His Spirit He hath garnished the heavens; His hand hath formed the crooked serpent. Lo, these are parts of His ways; but how little a portion is heard of him! But the thunder of His power, who can understand it?" -- Job, xxvi, 13-14.

(d) The Universal Fire (or Solar Force).

Asks the Scientist: Is that which is called the Paraklete, or the Light of the Logos, that which, when energized, becomes what may be described as living, conscious electricity of incredible voltage hardly comparable to the form of electricity known to the physicist?

Replies the Occultist: Yes. THIS FORCE CAN BE GOVERNED BY MAN, AND WHEN GOVERNED IT IS THE INSTRUMENT WHICH THE SOUL USES TO BUILD UP MAN'S SOLAR OR SPIRITUAL BODY.

Says Paracelsus: The Paraklete or Super-Solar Force (the Force of the Sun Behind the Sun), Solar Force (the Force of the Sun), and Lunar Force (the Force of the Moon) are the true Solar Force. . . "The material of the Philosopher's Stone is nothing else but Sun and Moon."

Says Hermes: "The Sun and the Moon are the roots of the Art."

So far as we aspirants in Mentalphysics are concerned, we must know that by constant aspiration and desire to know God's law there is liberated in us that Force which is the Living Flame, and which acts under the direction of the God in man, and with or without the conscious effort of the finite mind. "This Fire," declares Gabalis, "once liberated, begins immediately to displace the sluggish nervous force and to open and perfect those nerve centers or minor brains atrophied from disuse, which when regenerated reveal to us super-physical states of consciousness and knowledge of man's lost sovereignty over Nature."

You are counselled faithfully to study and ponder upon this Commentary. Much is hidden that later will be revealed only as you unfold it. Your first step and mine, in regaining our lost sovereignty over Nature is in our Memory-Developing Breath. Therefore with all diligence practice this Breath - practice reading the Aura, as taught to you in the second Commentary. Be wise. Learn Wisdom. The doctrine of Wisdom is in no respect extrinsic or dependant on externals. It is based on Causal Experience, obtained by a systematic disciplining and conversion of the rational faculty of you and me up to the Intuition of Universal Truth in its own conscious identity of Self-Knowledge. Maintain thy zeal.

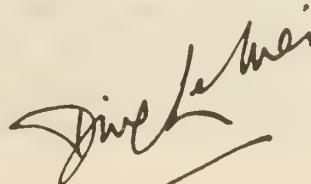
Peace be unto you, for thou art THAT.

Sincerely your Teacher, in Fraternal Bonds  
of Joy and Hope,

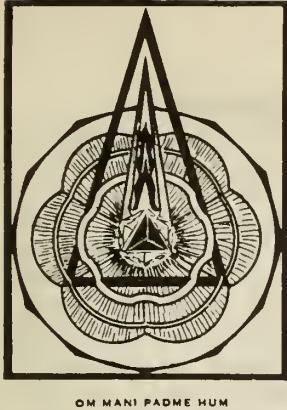
Written in Faith at  
Los Angeles, California, U.S.A.

End of Fifth Commentary, Inner Chamber.

Page 4.



THIS SPACE IS FOR YOUR OWN NOTES



# The Inner Chamber of the Science of Mentalphysics



THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

## COMMENTARY

6

"THE CAVE OF THE MOON" (five)—Solar Force Manifested; First Step in Regeneration; Secret Exercise for Exalting the Great Fire  
—"Go and tell no man;" Old age, the great illusion.

### BREATHING INSTRUCTIONS DURING STUDY OF THIS COMMENTARY:

Repeat Breathing as outlined on Page One of The Fourth Commentary.  
Do not miss once.

### MEDITATION DURING STUDY OF THIS COMMENTARY:

"I AM ESTABLISHED IN LIGHT. I AM A CUSTODIAN OF THE WISDOM OF THE UNIVERSE."

My Beloved Student in Mentalphysics, Noble of the Light :

In our last Commentary we referred to the Cosmos and its transcendent Order, indicating that this Order of the Universe is instituted and maintained by what in our later work we shall call Tattvic Law. We must aim not only to possess a mental concept of this Law, but we must work so that we become the law. It is necessary for us to see intellectually how this external Law works, but what we must above everything else avoid in Mentalphysics is a mere intellectual conception of the Wisdom of the Eternal.

Modern science with its manifold inquiries into Life, and the philosophy of modern times, consist of experimentation and research tending to ameliorate man's social conditions and to contribute to the ease and indulgences of his life. In its original acceptation, philosophy had quite another purpose, and that purpose signified a love of Wisdom. Wisdom comes to us only through experience, - and we are wise to the degree that we can demonstrate (make real to ourselves) that which we say we know of Tattvic Law.

You are therefore advised not to be led astray by mere intellectual consideration of the Thing Itself. Every man has within himself the cause of his own existence, and when our consciousness can be brought into contact with the FIRST CAUSE, we shall, by knowing IT, know the Cause of ALL, since Existence (as we surely know by this time) is everywhere one and universal, and the one ultimate, essential mystery. But this can only come with practice, practice, practice - therefore, "Know Thyself!" Not by reading about it and objectively thinking about it only, but by using it rightly, as we come increasingly into knowledge of IT.

THIS SPACE IS FOR YOUR OWN NOTES



In the Memory-Developing Breath we FIND it . . . that is, we find it because we can feel it, and our purpose here is to watch it, and watching it increases our knowledge of it - our feeling of it. In the Memory-Developing Breath we feel it, we see it, we know it, so that My Whole Body becomes it - and we cognize it as LIGHT. Therefore, in the Memory-Developing Breath we find the Light, we feel the Light, we see the Light, and we know that WE ARE THE LIGHT. Then we enter through watchfulness into the "Melting" process, letting the Light (and the heat that comes from the Flame that comes from the Fire that gives the HEAT) "melt" the substance. And we have been so faithful in our practice that we now know how to cause the Whole Body, (either in the strictly individual sense, as relating to our own body, or our own mind, or, if we have gone further, in the universal sense, as relating to My Whole Body, this wide Universe), to be full of Light.

So in the Memory-Developing Breath we find the Light, knowing that it exists, knowing what it is, knowing that it "melts" all substances. In later Breaths we come step by step to USE the Light upon the body of the physical man, upon the mind of the individual mental man, upon the individual spiritual man... leading ourselves on through all of the Breaths up to the HEIGHT in Your Own Spiritual Breath, when we realize that we are truly MY WHOLE BODY. Thus we can truly say that we have found not only the Solar Force, but that we have learned the Sacred Art for ever.

(a) The Solar Force Manifested.

This Light that we feel, the Solar Force, manifests on the physical plane of our life by passing through the ganglia of the sympathetic nervous system and thence up the spine to the brain. Here its currents unite to build up the deathless Solar or Spiritual Body. This simple picture may be formed in your mind: The Solar Force strikes upon the Solar Zone of the body, (see p.2, 2nd Com.). It then ascends - the positive by means of the great cable on the right of the spine, and the negative by means of the great cable on the left of the spine. In its passage from one ganglion to another, its voltage is raised, and it awakens and is augmented by the power peculiar to each ganglion which it dominates. (Think of the different Tattvas.) These ganglia (or centres) concentrate the Fire of the Solar Force. In the cerebro-spinal system there are many centres awaiting regeneration, and as we learn the inner meaning of the word "Breath" we see the effect of right breathing, first, on the physical plane, for we express greater physical well-being; second, on the mental plane, for we are happier and more buoyant and more ambitious, and so forth; and, third, on the spiritual plane, for we feel that we enjoy greater spiritual peace by virtue of our greater knowledge of the Law of the Universe.

Now, we are literally playing with fire - playing with the Solar Force.

Knowledge as to the development of this Force has been sacredly guarded in all ages, lest, as I have said previously, man through ignorance should employ it to his destruction. Here we are actually on sacred ground. Unless we are governed by the Higher Self, and with selfless purpose pursue this knowledge, it will intensify man's lower passions, instead of his high intuitive powers, and will make him a destructive force working contrary to the Law of Nature. But we in Mentalphysics have already found that the Silent Watcher ever rewards us in the solution of the Mystery, according to our sincerity in the quest.

(b) Secret Exercise for Exalting the Fire.

Now, O Noble, know that you can only ascend as you have gained in the understanding of that which is below. To understand the higher, you must understand first the lower. To understand the Solar Force so that you can control and rightly USE it, you must discover it in the realm of life, with which you are most familiar through experience. This is the physical body.

THIS SPACE IS FOR YOUR OWN NOTES

In Sanskrit works the planets that are held to govern these ganglia are as follows:

Saturn, the sacral; Jupiter, the prostatic; Mars, the epigastric; Venus, the cardiac; Mercury, the pharyngeal; Moon, the post-nasal; Sun, the pineal.

When awakened and stimulated by the inflowing Solar Force, these centres appear to the seer as flaming, rapidly revolving wheels, or stars, of great luminosity. And modern science is gradually discovering that the ductless glands correspond closely to the sacred centres of the body that have been known to the ancients for centuries.

(I assume that you are in possession of "YOUR SEX LIFE", a book published by the Institute of Mentalphysics. If you have it, there will be less need for me to go over familiar ground. If you do not possess it, you are advised to acquire it.)

In disclosing to you, as I am about to do, this secret exercise for the Exaltation of The Fire, I remind you that you are under oath that you will never let this escape your lips to another - it is for YOU ONLY, as is everything that these lessons embody.

THE EXERCISE IS THIS - DO IT! Do not ask questions, but try to figure out for yourself what you are doing as you undertake the Exercise.

(1) Sit either in the seven-fold position (preferably) or on a hard chair or stool. See that your buttocks are not cramped. Find the point of comfort, so that you can feel that the spine is taking the whole weight of the body, and that the buttocks are perfectly comfortable.

(2) Watch your Breath, as in meditation, and get the whole body into a state of rhythm, but do not let all sense of the body go from you as you do in meditation.

(3) Think of the rectum; (if you are a male and can do so, think of the prostate ; in the case of the female, if you are able to do so, think of the vagina.) Feel that you are contracting the rectum - you are tightening it and drawing it seemingly upward. Hold it in this position through muscular control. If you are a male, you will feel that contracting feeling right through the penis and the whole reproductive organs. If you are a female, you will feel it right up through the vaginal passage.

YOU DO THE EXERCISE THUS: Contract, (hold a few seconds), relax; ..... contract (hold), relax. ..... Do this for periods of a few minutes duration at different times during the day.

At first there will doubtless come a feeling that is called sexual - that is, you are conscious of a force in the reproductive region. If you feel sexual, do not be ashamed or alarmed. Perhaps you may not have felt any sexual feeling for years. Then, as you feel it, WATCH IT. See what you feel. What is this feeling? Where is it going? And as you watch it closely you will find that it will gradually disappear apparently within itself.

What you are doing is to awaken the Sleeping Giant. Practiced spiritually, the awakening will be consummated. \* Remember that there must be no movement of any muscles in the body other than the muscles of the rectum and the main sex organ. There must be no abdominal contraction. The probability is that you will feel quite active sexually, but you must regard this in the highest spiritual sense only, as indicating the presence of the creative power within the body. Do this whenever you feel like it, or have the time, or think of it, - in short, LET IT BECOME A HABIT. (I assure you that you are in this exercise doing the most wonderful thing that you have ever undertaken, and the effect will be seen in due course.)

THIS SPACE IS FOR YOUR OWN NOTES

(4) What has been described in (3) should be undertaken during the day. Then, at night upon retiring, lie on your bed, no pillow, the legs drawn up so that the knees come as near to the bed as possible, the thighs apart, the right ankle over the left. Then place the left hand over the navel, and place the right hand below it. This is the posture. Then, closing the eyes, imagine that you are drawing UPWARDS, into the Kingdom, all that marvelous reproductive Force that you have developed during the day. Others in their ignorance may waste it, but NOT YOU. You are TRANSMUTING IT, you are EXALTING THE FIRE. Feel that you are directing it upward through the right (the positive) hand. You see it as Light, you feel it as Light. There it comes, this Light, coming from the Flame, (think of the feeling you experience in the Cleansing Breath, but instead of feeling the Fire through the base of the spine, you now feel it coming from the very Center of the Center of the Center of Centers of your life, on the physical plane - the seat of reproduction.

You should feel a great glow of Force ascending. It will flood the whole of the reproductive organs - it will flood the pelvis. Then you draw it upwards, upwards, upwards - you feel it around the navel ---- upwards, you feel it flooding your beautiful face . . . and then you think upwards to the TOP OF THE HEAD. Finally, watching, you will see the Light everywhere within you, and you will have learned the secret of the True Exaltation.

IMPORTANT: (If you are in doubt about this exercise and are able to visit me, I shall be glad to explain more clearly what you are doing when you undertake this exercise. If you have to write about it, you are asked to mark your correspondence, "Private for Ding Le Mei.")

I could write a hundred thousand words on this Exercise, but you will learn by DOING. DO it whenever you can. In a few days the sexual feeling will go away entirely, for the reason that you will have transmuted the energy, you will have spiritualized the substance.

This Exercise is the exercise par excellence for the scientific remedy of impotence, for the removal of signs of old age, and for gaining physical and mental virility and energy. But it does infinitely more than that. It is the only practical Transmutation Exercise. It is regenerative in principle, and if you care to, THINK what intense activity precedes the very beginning of life on the physical plane, and then consider what you are doing when you are Exalting the Fire. You are increasing sexual vigor on the physical plane. But what is sexual vigor? What is the sexual fluid other than the very Creative Substance, containing the Fire? What CAUSES the Substance? - There is something behind it: It is the Solar Force. In this exercise we do not generate, or secrete, or manufacture the FLUID, but we pour into ourselves the mysterious Force of Life Itself that is behind the fluids of life, - we go, so to speak, to the Sun Behind the Sun.

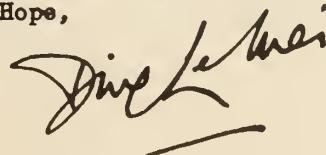
You may report your progress in this exercise to me by letter if you wish to do so. But to all others I expressly charge you to BE SILENT. I leave but one idea with you to start your train of thought upon this Exercise. It is this: AS YOU FAN THE FLAME THE DYING EMBERS REAWAKEN; AS THE DYING EMBERS REAWAKEN, THE FORCE OF THE FLAME INCREASES; AS THE FLAME EXPANDS, THE LIGHT SHINES OF ITSELF. Thus have we found the secret of the "Melting" process.

This mastery should be striven for. As we govern the body and the emotions we grow gradually into mastery of the mind, and by persistent effort we achieve our purpose.

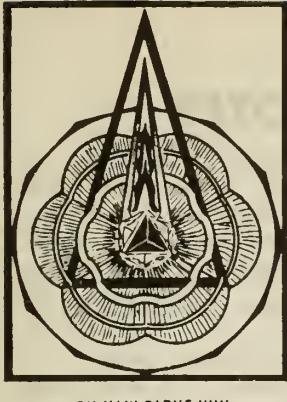
My Peace I send to you always.

Sincerely your Teacher, in Fraternal Bonds of  
Joy and Hope,

Written in Faith  
at Los Angeles, California, U.S.A.  
End of the Sixth Commentary, Inner Chamber.  
Page 4.



THIS SPACE IS FOR YOUR OWN NOTES



OM MANI PADME HUM

# The Inner Chamber of the Science of Mentalphysics



THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

7

"THE CAVE OF THE MOON" (six)—The Memory-Developing Breath; The Melting Process Examined; Pathway to the Holy Breath, or Melting Process; Life's Pervading Oneness.

#### BREATHING INSTRUCTIONS DURING STUDY OF THIS COMMENTARY:

Repeat Breathing as outlined on Page One  
of The Fourth Commentary. Be Faithful.

#### MEDITATION DURING STUDY OF THIS COMMENTARY:

"I AM ESTABLISHED IN LIFE, - ETERNAL LIFE.  
I AM THE CUSTODIAN OF THE LIFE OF THE UNIVERSE."

My Beloved Student in Mentalphysics, Noble of The Light:

Greetings in The Bond.

By this time, if you have been conscientiously carrying out the secret exercise (see Pp. 3-4, 6th Com.), you will have begun to feel that something has been released within you. It is not expedient that I put on paper what I am privileged to teach by mouth-to-ear method in classes that I conduct in the Inner Chamber at The Institute in Los Angeles; but I do wish to impress you with the importance of carrying out the Contracting Exercise. There must be no strain anywhere, and you should not feel any muscular action other than in the parts of the body mentioned. The effect of this exercise properly carried out is truly wonderful, revealing to the Aspirant a Force within him that he has not perhaps felt for many years. For women who are cold and indifferent to sex, and who feel they have no force to transmute, who suffer from menstrual disorders, from constipation and any malady for which there is no visible cause, this contracting exercise is most useful. For men who have prostate trouble, who are impotent, listless and unambitious, who are growing old and cannot make a "go" of life, Transmutation (though they may not know what they are doing) is an invaluable secret.

I am to assume, then, that you are correctly carrying out this Transmutation exercise, and that you are feeling its effect in an awakened sexual energy. If so, GUARD WELL THY FORCE. AND BE SILENT ON THESE THINGS.

THIS SPACE IS FOR YOUR OWN NOTES



(a) The Melting Process Begun.

So many students - and this, I suppose, is quite natural - desire to make what they call "progress" much more rapidly than they are evolutionarily equipped to do. I am constantly being asked by students for "more advanced work." They do not realize that we can only go at the speed that we can go. Therefore, you are solemnly counselled to take time and feel, that each week, you are building into yourself, so to speak, what you are learning.

Now, no matter how little you are able to flood yourself with Light and Heat, you surely do know that, when you have learned the way, you will be able to do it. This week you must go back over all your Commentaries from The First Commentary to the Sixth Commentary, reviewing, making notes, trying experiments and seeing whether you have missed anything. For in the first seven Commentaries you are to introduce yourself, in practise, to the Melting Process. I cannot tell you much more about this than I have already told you; but you will REALIZE it through practice. We are seeking the pure gold, and to do so, we must first break down the rock. What you should now realize is

First - Your Physical body should be light and free and supple. You should be able to adjust it through your various Breathings, so that, whenever any disbalance is heralded through "pain", you should be able to remove it almost at will.

Second - Your Mind should be free and clear. You should always be in a state of mental buoyancy, of spiritual expectation, of complete mental lightness and satisfaction, knowing that nothing can go "wrong", but that as darksome thoughts enter the mind, this is a signal for you to engage in closer watchfulness.

Third - Spiritually, you should be constantly at peace. When in the outer sphere of your life conditions do not appear to be what you would have them to be, you should be able immediately to relax yourself to The Great Light and actually see it playing in and through you, bringing you peace and joy and gratitude.

You will be able to do this in exact relation to the extent that you have gathered to yourself the power of the "Melting" process. When you can do this, you will then be able to say that you truly understand the inner meaning of the Memory-Developing Breath.

We have seen that the purpose of the Memory-Developing Breath is to cleanse our memory of ALL NEGATION that, through wrong thinking and consequent wrong action in life, has been allowed to enter our consciousness. In this way we are creating the Spirit Fire, magnetizing the Creative Force of the Universe, so that it not only flows freely into us, but that every moment of the day we REALIZE OURSELVES AS ACTUALLY IN IT, LIKE A FISH SWIMS IN THE SEA. We speak - no, it speaks through us. We move, no, it moves through us. We work, - no, it works through us, and directs our thought and feeling and action so perfectly that we, in the activity of our life, express IT perfectly. We have "created" it within ourselves, so to say; now it remains for us ever in deep consciousness of it, to USE it in the sense that we feel ourselves every moment - with every breath that we take - wholly pervaded by it. Only in this constant consciousness of It, can we learn the "Melting" process.

THIS SPACE IS FOR YOUR OWN NOTES

We see, in a word, that every breath bans the Living Flame that gives forth the Living Light within us.

Therefore, make this week your Review of the Commentaries.

(b) A Word of Encouragement.

I wish to say a word of encouragement to those who do not seem to be satisfying themselves with the "progress" that they are making. Some people, looking at others, feel that others can do better than they - and this is true, for all human beings are different. But the fact that one member may perform a miracle and lead himself rapidly to The Heights is small comfort to the one whose path is strewn with many pitfalls. If you find another realizing more than you are, do not get disgruntled or disappointed. Give thanks that, in seeing this in another, you yourself are inspired to see what is possible, and resolve that you will redouble your own efforts.

In Mentalphysics you have the perfect way disclosed for you to practise. WE do not despise the Intellect, for you will now find that, just as you were counselled not to trust entirely to the intellect, - but rather to the feelings and emotions - so now you will find your intellect coming to occupy its right place in your quest for Truth. To say that those who are sufficiently enlightened, or advanced, or developed, or illuminated, will perceive The Truth, by their own powers or The Light of the Divine Spirit within them, is quite true, but it is not sufficient. The intellect must play its part. But Mentalphysics designs every way, so that, no matter by what path we go, we arrive at the final goal of true enlightenment. "We seek to serve that thou mayest illumine thy Torch at its Source." Your plan, whatever it be, must be cooperation in ORDER, harmony in diversity, and unity of integration.

(c) The All-Pervading Oneness of Life.

"No man lives unto himself; for every living thing is bound by cords to every other living thing". - Aquarian Gospel.

At the end of this Seventh Commentary, we should all be able to see the Truth - and preferably to know the Truth, in the sense that we live it - that we are our Brother's keeper, that all that we are and have is because Every Living Thing contributes to our bounty . . . . "he who sees Me in all things and All in Me, he cannot be lost to Me nor I to him." We have seen and understand that our relation to the Macrocosm is twofold - interior and exterior. You are united, interiorly, essentially and permanently, to the Infinite Being from which your own existence is derived and upon which, as it were, it constantly rests. You are united interiorly, according to the use that you make of your liberty, to the Higher Ones - the celestial realm - those who are purely spiritual, which are the ministers of the Eternal Purposes. You are united to all the corporeal universe - the thereal, the sidereal, the mineral, the vegetable, the animal, the human. While this is all true, we have not yet, through knowledge that comes from practice, come into our full consciousness of the Truth of Our Life. But we are on our Way. AS we continually feel the truth of our all-pervading life, we shall develop our first ideas of the "Cave of The Moon", later to be unfolded. Therefore, this week be fervent in your quest. Make a complete review of the Commentaries numbers one to seven, and may the Light shine abundantly upon you.

THIS SPACE IS FOR YOUR OWN NOTES

You are Whole - You are Perfect - You are Strong - You are Powerful -  
You are Loving - You are Harmonious - You are Rich - You are Young - You  
are Happy.

My Peace I send to you.

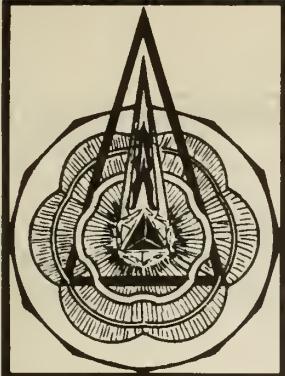
Sincerely your Teacher, in Fraternal bonds of  
Joy and Hope,



Written in faith  
at Los Angeles, California, U. S. A.

End of the Seventh Commentary,  
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



OM MANI PADME HUM

# The Inner Chamber of the Science of Mentalphysics



THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

**8**

"THE CAVE OF THE MOON" (seven)—The First Review . . . "He Who Recognizes His Light But Remains in the Dark, He is the Model of The World"; Seven-fold Nature of Man.

Instructions to the Noble of The Light :

BREATHING INSTRUCTIONS DURING STUDY OF THIS COMMENTARY:

1. Each morning as soon after sunrise as convenient - Breathe your Memory-developing Breath.
2. As near to Noon - Breathe your Memory-developing Breath.
3. As soon after sundown as convenient - Breathe your Memory-developing Breath.
4. For the first two days of this week go on a water fast - pure water in abundance, and nothing else ; for the next two days only fruit juices, and pure water in abundance ; for the last three days, take nothing but above the ground vegetables.  
Thereafter you will resume your normal diet.

SPECIAL INSTRUCTION: - Heed this Command.

On the third day get up and watch the sun rise. Retire early the night before, so that you have enough sleep. On retiring, be sure that you slip off to sleep peacefully and happy, gently willing that you will rise early enough to allow yourself to go to some point where you face the full East. There watch the sun rise. As you watch it rise, think and Give Thanks.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

You have now concluded the First Seven Commentaries, of which this is The First Review. We can truthfully say that we are now devotees to the Art of Living. Tagore, in answer to the question, "What is Art?" replied : "It is the response of man's creative soul to the call of the Real." We have found that Truth is changeless, and that only in its varying forms of expression can it be termed new or old. You have noticed many changes in your own consciousness and life expression - you have come nearer to the Changeless Truth. Great philosophers and religious thinkers are not originators - they are but transmitters of the changeless Truth.

THIS SPACE IS FOR YOUR OWN NOTES

And you and I of ourselves can do nothing - we are transmitters of The Light of Divine Wisdom.

Says Hegel : "If you believe in one God, you are right ; if you believe in two Gods, that is true ; but if you believe in three Gods, that is also right ; for the nature of the Unity is realized by Variety." We see the Variety of the Unity by the Light of the Divine Wisdom that we use.

#### (a) The Light of Life.

We see all things in the Light of the Sun - the Sun of the outer Universe (in the "sky") and of the inner universe (the heart). The reason that you are advised to watch the sun rise during this week is that you may gather to yourself, through the symbol of the Sun, your very highest idea of Light.

You will be up while it is yet dark. You will sit quietly watching the first faint light in the East, and will silently watch this orderly work of the magic Artist opening the full beauty of the Dawn. Looking into the face of the Sun, you will see how difficult it is for you to do so. YOU WILL BE OVERPOWERED WITH LIGHT.

As you watch you are to think of, to FEEL the Light, and so gather to your own mind definite impressions of the greatest light that you can comprehend. After having watched the sunrise, you will, during the day, bring back to you certain phases of the sunrise that impress you most . . perhaps it was the dull deep tones of the effects of light athwart the sky . . it may have been the very gold of the center of the Sun . . it may have been the first faint intermingling of the colors before the Sun had fully risen. Whatever it was that you saw, or thought, or felt, CHISEL THE PICTURE FIRMLY IN YOUR MIND BY BRINGING IT BACK TO YOU MANY TIMES DURING THE DAY. See whether you can see it before you as you sit still, with your eyes open. Again, close your eyes and see whether the picture is as sharp in your mind as it was when you were actually looking at it.

Thus, will you have gathered to yourself your very highest impressions and ideas of LIGHT.

This exercise may appear to you at this time as being somewhat nebulous, maybe superfluous ; but be assured that, simple though it may appear, it is essential to you, and that it will become more beautiful to you as time goes on. As you watch the sunrise, you must do it with the view of establishing your Memory imperishable ideas of Light, and you must register imperishably in your consciousness the sensations that your ideas bring to your mind. AND I NEED HARDLY SAY THAT YOU MUST WATCH AND THINK AND FEEL IN THE DEEPEST REVERENTIAL ATTITUDE OF MIND.

#### (b) Feeling After The Light.

Do not ignore this exercise - it is vital to you, for in much of your future work reference will be made to it, and if you do not practice you simply will not know what I am trying to teach.

Feel THAT YOU ARE CONSTANTLY IN THE LIGHT. That you are never out of it. That you are constantly bathed by the light of the Sun that you saw when you witnessed the coming of the Dawn. If the day be dark and dull, or rainy, or wintry, or cold .... just FEEL that you are again back watching the sunrise, that you can FEEL the Light and the heat that comes from the Light that comes from the Flame, which is THE SUN. Practise, practise, practise - until at any moment, anywhere, even sitting perhaps in a cold bath, you can see the light and feel the heat.

Yet we are to know that

"HE WHO RECOGNIZES HIS LIGHT, BUT REMAINS IN THE DARK  
. . . HE IS THE MODEL OF THE WORLD."

THIS SPACE IS FOR YOUR OWN NOTES

Strange words? The meaning of them will probably be clear to you, but they would be obscure, or even ridiculous, to the uninitiated.

"He who recognizes his Light

(the Light of his own consciousness, as the instrument for the dissemination of the Light of the World, the Light of the Divine Wisdom that Is in Every Living Thing)

but remains in the Dark --

(the Universal womb of Light Eternal ; for all light comes from the womb of darkness and again returns to darkness ; just as you and I "come from God and again return to God". "Darkness gives birth to Light ; out of the Lead of the water region grows the Noble Gold").

He is the Model of the world.

(the beginning and the end - without beginning, without end, without past, without future).

The idea, then, is first, to gather to your consciousness the highest impression of Light possible to you, second, to USE IT.

The chief thought in this practice is that the Circulation (use) of The Light makes and keeps the breathing (Breath is Life) rhythmical. The Keener our perception of Light the more clear and fine the Breath ; and we know that with each Breath we inspire the Light of the Divine Wisdom. Therefore, let this week be a week of faithful practice.

(c) The Human Sevenfold Nature.

Turn back to The Fifth Commentary, and read again the seven kingdoms (5th Com., p.2), in the path of upward progression of all things -- The Ethereal, The Sidereal, The Mineral, The Vegetable, The Animal, The Human and the Celestial. These are the seven "divisions" of the Cosmos, and we know that the basis of the Universe is BREATH - the Holy Breath, Metaphysically considered, the human entity in its seven-fold nature may be described as follows:

- 1 - THE EGO . . . . Pure Spirit ; Pure Light ; Purity . . . . . Gold.
- 2 - DIVINE SOUL. . Higher Mind or Higher or Super Consciousness. . Silver.
- 3 - SPIRITUAL BODY. Consciousness (The Conscious Mind) . . . . . Mercurry.
- 4 - ANIMAL SOUL. . Instinct ; the Subconscious Mind, which causes matter to be in Motion. . . . . . . . . Iron.
- 5 - ASTRAL BODY. . Memory and Feeling. . . . . . . . . Copper.
- 6 - ETHERIC BODY . Sensation . . . . . . . . . Tin.
- 7 - PHYSICAL BODY. Flesh - physical substance. . . . . . . . Lead.

We may divide manifestation in this manner, but what is at the back of it all? It is THAT. The Universal Spirit is in one form the Principle of all growth, and it is their power of collecting a quantity of this, bringing it to bear on any germ at once, that furnishes the jugglers of the East with their power of perfecting suddenly those plants and trees which in the ordinary course of the action this Life-Principle in Nature would have taken years. Whether we can hope to achieve this power is not for me to say. But I have seen this power exerted.

THIS SPACE IS FOR YOUR OWN NOTES

AN ILLUSTRATION: One day in my old temple in Tibet, my own Teacher showed me this power. At such a high altitude oranges would not grow, but I always had oranges supplied for me. One day, after asking my old Master many times how the oranges came there, and having been repeatedly ignored when asking the question, he turned to me as he peeled an orange for me. "Eat the fruit," he said. "Keep the seeds of the orange in your mouth until you have seven of them. Then put them from your mouth into your right hand. Doubling up your right hand, let six of them drop one by one from your hand, and give to me the seventh." I did so. Then he sat in the sevenfold position, and I sat opposite to him. Gradually I saw a tree form in his hand.

Was I imagining things? Was I hypnotized? The answer is "No." My Master was drawing the Life-Principle into action in a way that he knew, but which I did not. There are many locks upon the portals of life's mysteries! But when we are fully in THE LIGHT, we know all things. The Mind is the measurer. Action is the last end of thinking.

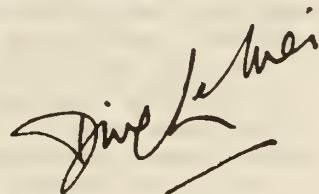
"Life is not an alcove of repose, but a battlefield of action," says one philosopher; but we are learning how not to be the warrior.

(d) Entering The Light.

So far in our teaching we have learned that The Light is within us, and we have done a great deal towards gaining a knowledge as to how to fan the Flame. The process has been started in our Memory-developing Breath. In this Breath, we have come to see that The Light exists, and have some knowledge as to how to USE IT, for it is the Fire of the Wise. We are applying ourselves to know the Secret Fire.

During this week spend time to go back over all the Commentaries. If you are thus inclined, write down your own thoughts upon them. In other words, re-write the Commentaries, making your own additions and interpreting in your own words what you think you have learned. Particularly are you urged to make notes and keep records of each of the Breaths as you go along in this advanced work - by making comparisons we teach ourselves in a manner that no one else can teach us.

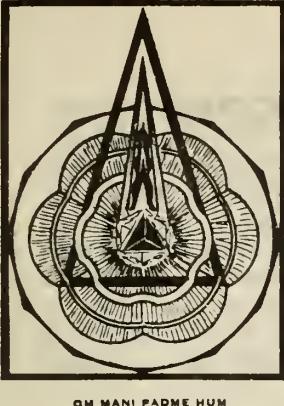
Sincerely your Teacher, in Fraternal Bonds  
of Joy and hope.



Written in Faith at  
Los Angeles, California, U.S.A.

End of the Eighth Commentary,  
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



OM MANI PADME HUM

# The Inner Chamber of the Science of Mentalphysics



THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

9

"THE CAVE OF THE MOON" (eight)—The Revitalizing Breath; The Melting Process—Circulating the Light; the Silence, the Law of Reembodiment and the Road to Mastery.

## BREATHING INSTRUCTIONS DURING STUDY OF THIS COMMENTARY:

1. Each morning breathe The Revitalizing Breath. Breathe it from three to seven times, but let there be no strain. (Stand in the same place each morning, and as you commence the Breath see whether you can feel the vibration coming to you through your feet. You should be able to go into the room in the dark, and by feeling with your feet, know that you are in the exact spot that you breathed before)
2. As near to noon as possible, breathe The Revitalizing Breath twice.
3. As soon after sundown, breathe The Revitalizing Breath twice.

(In a way that you have never attempted before, feel in breathing that you can feel Prana rushing into you through every pore. Imagine it coming in as Light. Watch each breath so that each succeeding Breath is a more perfect breath than the last. Know that the body is being truly revitalized, and when you have finished breathing FEEL (if you cannot feel, IMAGINE that you feel) the body FULL OF LIGHT - that every cell of your body is a torch of Divine Light within you, guiding you, so that wherever you go, every step that you take, every movement that you make, every thought that you think, every sensation and emotion that you feel, is being carried out in the presence and through the force of The LIGHT.)

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

With this Commentary we are to start the MELTING PROCESS. In your breathing this week you are to get the concept that you are developing the Fire, fanning the Flame - you are truly in the Light and you can truly feel the Heat (of LIFE). You are familiar with the physical breath - the feet level, the buttocks tight, the

THIS SPACE IS FOR YOUR OWN NOTES



shoulders down, freedom in the throat, the hands firm and straight, the fingers slightly stiff, the thumbs well out. Then we stand and, after filling ourselves with breath, retain it within the body. Soon we feel a surging within, as if power is coming upwards through the whole body, going straight to the top of the head and being held in balance everywhere. Then the exhaling - then the inhaling - then the relaxation that leads us to that divine part of the Breath that we know in our meditation . . knowing that the Force has gone to every cell in our body from the top of our head to the soles of our feet . . . KNOWING THAT THE LIGHT OF THE DIVINE WISDOM WHICH IS IN EVERY CELL IS BRINGING TO US CONSCIOUS UNDERSTANDING THAT "I AM WHOLE - I AM PERFECT - I AM STRONG, etc."

The physical effect of the Breath is beneficial in every instance where the student will follow instructions and adopt the right attitude of attention (as you have already found out, of course).

The Revitalizing Breath, then, is the first step that we take along The Path (in Theosophy), along The Way (as it is spoken of by Jesus the Christ), the first step towards Tao or the primordial principle of the Taoists, to the Great Meaning (that which has neither name nor form), that which is contained within the Light that Lighteth the world, to the Golden Elixir of Life, to the rediscovery of The ONE, which means rebirth and life eternal. In all ancient philosophies and religions we find the same thing - this First Step to The Light. In Mentalphysics we call it the Light of Divine Wisdom That Is in Every Living Thing, AND WE KNOW IT TO BE WITHIN US. And this Light, whose secret we are penetrating enables us, when we have come to the full understanding of our Revitalizing Breath, to properly "MELT" and "MIX" the Heavenly Principle.

#### (a) The Light and The Silence.

The Revitalizing Breath starts the process. Having charged ourselves in the Memory-developing Breath, so that every cell in the organism is fully impregnated with the Living Force, we now revitalize ourselves.

The meaning of this Breath is admirably seen in its very name - we revitalize ourselves by commencing to distribute the Force - clarifying, breaking down the physical and mental obstacles, purifying the physical substance, setting into free flow the Force of the Eternal Universe of which we are a part, and the principles of which are embodied in us in their entirety. I am often asked by the supposed aspirant why, in Mentalphysics, we emphasize the need of purifying the body - why must I, asks a new student, give so much attention to my body? You who read these lines already know, of course, but lest we forget, let me remind you that the body is the Divine Instrument, the Immortal Jewel, and that it through the Instrument that we come to FEEL the Force and the Light, and that FEELING it we come to KNOW it, and later to direct and control it.

The place where the Light resides we know, is in The Silence. But we cannot fully enter and understand the Silence while there is the least vestige of consciousness absorbed by physical sensation of the physical body. We know that when we reach the Silence we are not conscious of any physical substance - and, similarly, we know that while we are conscious of any physical substance we cannot fully know the Silence. Some believe - and indeed teach - that there is no need for physical breathing ; but that is because they do not know. Unless the Instrument is perfect, there cannot be conveyed through it the Harmony of the Golden Secret. We know the Silence only when the body (the Instrument) is perfected.

"We find it," says the Confucianist, "In the Purple Hall of Jade, where dwells the God of Emptiness and Life."

THIS SPACE IS FOR YOUR OWN NOTES

To the Confucianists it is the City of Emptiness.  
To the Buddhist it is the Terrace of Life.  
To the Taoists, it is the Ancestral Land, or the Yellow Castle, or the Dark Pass,  
the Palace of the Heavenly Heart, which is the Dwelling Place of the Master,  
the Golden Light.

(b) Circulating the Light.

In Mentalphysics it is the TEMPLE OF THE LIVING GOD, the Sacred Citadel of the Light of Divine Wisdom - self-manifesting - self-existing - self-eminating. The TEMPLE OF THE LIVING GOD is "MY WHOLE BODY", this wide Universe, to the realization of the Law of which we shall attain as we come to Our Own Spiritual Breath.

And the secret of our philosophy of Mentalphysics, as in all true occult sciences, is to make the Light circulate ; that is the deepest and the most wonderful secret. The Light is within us - we know it, though it seems that many spiritual evolved people do not know how they know it. BUT THE LIGHT IS NOT FOUND UNTIL WE KNOW THE WAY TO BE STILL, for this is the only way that we can know. When we feel the heat from the Fire (Exaltation of the Fire), and can find the Light and fan It so that we can circulate It, we can melt the Substance. First, the substance of our bodies and I am sure that you can do this ; for when you undertake the Revitalizing Breath properly you are filled with the Force of Life, and you know it because you can feel it. As you go on from step to step the vibration that comes from the Breath is so great that it raises you into a state of "meltedness", all the cells of your body, being so alive, seeming to flow into absolute rhythm.

BY HOLDING AND FIXING AND CIRCULATING THE LIGHT WE SUCCESSFULLY PASS THROUGH OUR EARTH-BODY TO OUR SPIRIT-BODY . . . this comes when we are still, calm, peaceful, completely absorbed, FOR THE LIGHT SHINES OF ITSELF.

Initiate, Noble of the Light of Divine Wisdom, there is no other way. No light can shine but through a lamp - and that lamp must be trimmed and charged with oil - so you can see that our Revitalizing Breath fills us with the fluid, trims our lamp, so that all that we have to do is to watch within for the Light to shine . . . AND WITH PRACTICE IN OUR WATCHING WE FIND THAT THE LIGHT SHINES OF ITSELF.

BUT NOT WITH ONE LEAP CANST THOU SUDDENLY ATTAIN.  
WHOSO SEEKETH ETERNAL LIFE MUST SEARCH FOR THE PLACE  
WHENCE ESSENCE AND LIFE ORIGINALLY SPRING.

In the Silence, as we learn truly to enter it - radiant and unafraid - we discover the Elixir of Life, the Light of Divine Wisdom.

(c) The Road to Mastery.

This is the Law of Re-embodiment, and through our Thought - pure as the Essence of Spirit, we ourselves can become so purified through practice as to use the primordial power of the Creator within us to re-establish constantly a balance in conditions that we have unconsciously caused to be thrown out of balance. Through the circulation of The Light we begin the practice of Real Mastery. In the truly ascended state - when we follow The Law in Absolute Love to every living thing - we come to control the atomic structure of our world, just as a sculptor controls the substance under his fingers. This writer has met men who can change their bodies, and go wheresoe'er they will just as easily as you and I can change our clothes. If they can do this, we can ; but they, through practice and discipline, have learned the way. We are apprentices in the art, but as we enter The Spirit, and become The Spirit, we shall be able to do likewise.

THIS SPACE IS FOR YOUR OWN NOTES

In one of your early Lessons you learned that "I AM THE PRINCIPLE OF EMBODIMENT." It means that we have the power, though we do not enjoy constant awareness of the fact, of constant re-embodiment . . it is the balancing process, it is the circulation of The Light, it is the power to govern all forces - that is, learning how to completely relax (losing our life in The Life to find it) into the Divine Wisdom (and Force) of the Universe.

The right understanding of the Circulation of The Light gives us the explanation of many conditions in human experience which otherwise seem wholly unjust. We come to know The Law. We come to see that Life is not chance, nor accident ; but that everything that we say and feel and think and do is under direct, perfect and exact LAW. You can see that every experience of consciousness has a former cause, and everything at the same instant is the cause of a future effect. Every thought and act is recorded in the atmospheric ether, the Akashic Records. When one has attained to true DOMINION, he can reclothe and reanimate any Akashic Record he desires to make visible.

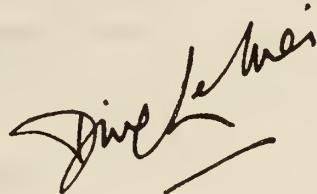
In our beloved philosophy of Mentalphysics we are learning all this, Slowly learning, and the time will come when we shall have achieved Mastery. By the discovery of The Light, and the circulation of The Light, by the "melting" process, we shall come gradually to comprehend The Law.

"Seek ye first the Kingdom of Heaven."

During this week rest in the inner peace. Commune with the Inner Self. Do not talk much - guard The Word. Walk with the Lord of the Eternal within you. Be happy - Give thanks. May we all be able to catch glimpses of the Life behind the Dark Curtain.

Pax profundis.

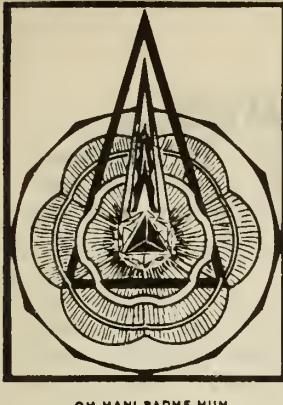
Sincerely your Teacher, in Fraternal  
Bonds of Joy and Hope,



Written in faith  
at Los Angeles, California, U.S.A.

End of the Ninth Commentary,  
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



# The Inner Chamber of the Science of Mentalphysics



THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

10

"THE CAVE OF THE MOON" (nine)—The Revitalizing Breath; Right Method and Right Man; "Holy is God the Father of All Things"; Let Thy Light Shine in Unutterable Effulgence.

## BREATHING INSTRUCTIONS DURING STUDY OF THIS COMMENTARY:

1. Each morning breathe The Revitalizing Breath silently - that means, sit in the attitude of Meditation, and go through your Breath in your mind only. Imagine that you are breathing physically, and that you feel the full sensation as in the physical breath, but that instead of feeling the sensation of the rush of breath into the nostrils, you imagine that the breath is coming in through every part of your body. . that you are breathing through your skin, through your bones, through every part of your body. GET THE SAME FEELING AS YOU DEVELOPED IN BREATHING THE MEMORY-DEVELOPING BREATH in The Third Commentary.
2. If you feel that you wish to breath the Revitalizing Breath physically, breathe it only for its physical effect.

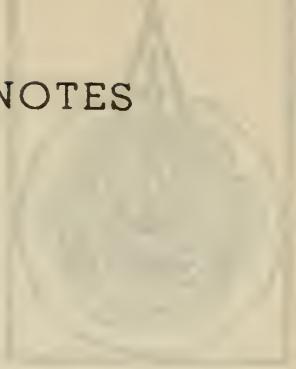
My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In our Ninth Commentary we saw that, when man knows the true meaning of the Circulation of the Light, which is another way of saying when he has full control over the Breath (the Holy Breath), he raises himself to the point of consciousness where he gains DOMINION. Everyone has heard that "When the pupil is ready, the Master appears." So much is heard of the Masters. Many people, merely using words, talk about their "Master", while, as you look at them, you can see that they have not yet learned enough to even begin to understand the nearest things round about them. They are bloodless and cadaverous, have no light in their eye, no elasticity in their step, no melody in their voice, and so on. It is obvious that they are merely fooling themselves. For you must see that to "contact" the "Masters" we must have so refined our own lives as to be worthy of such contact.

Should one seek the Masters? By keeping the body the worthy Temple of the Living God is the only way to seek. Therefore, to you as my student, I say "Seek first the Master within yourself, for until you become desireless and entirely selfless, with Divine Love ruling your consciousness ("sending out your Light to Every Living Thing"), you cannot find Them or know Them when you see Them. When YOU are ready They will find you and bring you into Their Presence."

THIS SPACE IS FOR YOUR OWN NOTES



Noble of The Light, I point out to you the Wisdom of earnest search for knowledge only for knowledge sake - that you can help those who know still less than you know. Be not misled. Avoid spectacularity. We must have sincere purpose in our work. In other words, we must prove ourselves to the Right Man.

(a) Right Method and Right Man.

The right method in the hands of the wrong man can only end in failure. We see this going on all around us, and then man wonders WHY he does not become what he spiritually sees that he should be, and do what he knows inherently he should do in his march of progress to The Heights. But YOU, as a Noble of the Light, and as an earnest devotee of Mentalphysics, are charged with the True Desire to gain knowledge for knowledge sake. Gaining knowledge, we must USE it - we MUST LIVE WHAT WE KNOW; and in every act and word and deed, - every moment in everything that comes to us, - we must be loyal to that which brings us Light.

How grateful we are that through Mentalphysics, our Glorious Mother, thousands have been brought to the knowledge that "Whatever the Creator is, I am." We are finding in our practice that The Light of Divine Wisdom brings us a certain largeness and stability of mind and action that we did not know before. We find that our loyalty gives birth within us to confidence and faithful endeavor, to reasonableness with all whom we contact, and to unfailing generosity, self-denial and dignity of character. We find (as disclosed to us in our very early Lessons) that our Imagination, our faculty of the Creator, urges us on towards True Greatness - to be greater than we have ever been in knowledge, in virtue, in wisdom, in happiness, in aspiration, in love for our fellows and for Every Living Thing . . . We are great because we know that THAT WHICH IS, the Creator which we are, is that Greatness from which all great things come.

But in all things we must be practical - The Law of the Universe is a practical Law.

(b) We Must Be Practical.

We must be practical always. Especially must we obey the law of right body building - right diet. You are advised to undertake a thorough alkalinizing period when the seasons change. At these times eat all-alkaline meals (if you are not aware of what alkaline foods are, write to The Institute and find out). What Spirit is to Life, your blood is to your body, and as a physical being you can only be what your blood is. If you stuff yourself with acid-forming foods, there is but one result - the dire result that follows disobedience of the Law of Life.

Then we must be practical in our higher life. The pivotal point of the Eternal Light is ACTION. We must USE the Light. So I charge you, as I charge myself, let your thoughts dwell upon the great things of life. TO BE WHAT WE FEEL WE HAVE A RIGHT TO BE PRESUPPOSES THAT WE RECOGNIZE THAT WE SHOULD DO WHAT WE TRULY DESIRE TO DO.

Greatness sees only great things. Greatness reaches forth to greatness, and attracts it. So this week determine to live a week of greatness of soul, remembering that greatness enshrouds herself in humility - she loses herself in the quality of greatness. Then, think great thoughts and do great deeds.

No Pettiness - no fear.  
No sense of lack - no suspicion.  
No jealousy - no mistrust.

But only that Love which comes from the Divine Fire within us, interpreted to us through our feeling, knowing that The Light in us shines through as "a light, a

THIS SPACE IS FOR YOUR OWN NOTES

1. *What is the relationship between the concept of "cultural capital" and the concept of "cultural reproduction"?*

2. *How does Bourdieu's theory of "cultural capital" relate to the concept of "cultural capital" in the field of education?*

3. *What are the implications of Bourdieu's theory of "cultural capital" for social inequality and social mobility?*

4. *How does Bourdieu's theory of "cultural capital" relate to the concept of "cultural capital" in the field of art and culture?*

5. *What are the implications of Bourdieu's theory of "cultural capital" for the study of social stratification and social class?*

6. *How does Bourdieu's theory of "cultural capital" relate to the concept of "cultural capital" in the field of media and communication?*

7. *What are the implications of Bourdieu's theory of "cultural capital" for the study of social inequality and social mobility in non-Western societies?*

8. *How does Bourdieu's theory of "cultural capital" relate to the concept of "cultural capital" in the field of sports and leisure?*

9. *What are the implications of Bourdieu's theory of "cultural capital" for the study of social inequality and social mobility in rural areas?*

10. *How does Bourdieu's theory of "cultural capital" relate to the concept of "cultural capital" in the field of technology and innovation?*

lamp, a torch" in every cell of our physical and higher being.

(c) Let Us Use Our Increased Strength.

Revitalized through our Revitalizing Breath

Let us USE our increased strength.

Let us NOT WASTE the Force in unnecessary sound.

Let us guard our tongues.

Let us sustain our revitalization by using it in the only way that it can, in the final analysis, be used - by noble endeavor to put back into the Universal Supply of Eternal Force that which is ours, for we know that by the Fourfold Law it will thus return fourfold to us.

The only true means to perfect happiness is the possession of Infinite Life, together with the Wisdom that comes from the Light that gives Life, and the power to think and act which the Light and the Law of Life provide. In Mentalphysics we are learning the ART of LIVING, which in simple effect is to give and give and give that which in our lower vibration we possess, so that there may come back to us that higher vibratory power that our desire to give automatically attracts us to.

As we grow in knowledge of reciprocity of service, we learn never to endeavor to gain anything whatever for nothing, for that simply cannot be accomplished. I charge you in all your dealings during the present week to keep eyes and ears and thoughts so calmly still that you will be able to feel the Divine urge or mystical yearning within you to enlarge your own growth by giving equivalent return for whatever is vouchsafed to you. Feeling the urge, obey it. Thus experimenting, you will find a change in your life for better understanding, and I am bold enough to say that if this Law were obeyed by all men, that which some fear as "Depression" would vanish for ever from the face of this fair earth. There are some who desire All-knowledge, but they are not prepared to pay the price of learning. The Initiate knows that the tools necessary for him to work his way into The Light will be given to him, one by one as he proceeds inwards towards The Center.

"Holy is God, the Father of All Things.

Holy is God, whose Will is performed and accomplished by His Own Powers.

Holy is God, that determineth to be known: and is known of His own, and those that are His.

Holy art thou, that by Thy Word hast established All Things.

Holy art thou, of whom all Nature is the image.

Holy art thou, whose nature hath not formed.

Holy art thou, thou art stronger than all strength.

Holy art thou, thou art greater than all excellency.

Holy art thou, thou art better than all praise.

O, Thou Unspeakable, Unutterable, to be praised in silence.

I beseech thee that I may never err from the knowledge of thee ; look mercifully upon me and enable me, and enlighten with Thy grace all that are in ignorance, the brothers of my kind, but Thy sons.

Therefore, I beseech Thee, and bear witness, and go into The Light and Life.

Blessed art Thou, O Father!

Thy Man would be sanctified with Thee, as Thou hast given him All Power."

(d) Maintain Your Zeal.

I feel that you have gone far enough now to have learned that the mere learning of

## THIS SPACE IS FOR YOUR OWN NOTES

1. *What is the most important thing you learned about the U.S. Constitution?*

2. *What is the most important thing you learned about the Bill of Rights?*

3. *What is the most important thing you learned about the Civil War?*

4. *What is the most important thing you learned about the Reconstruction Era?*

5. *What is the most important thing you learned about the Gilded Age?*

6. *What is the most important thing you learned about the Progressive Era?*

7. *What is the most important thing you learned about the Great Depression?*

8. *What is the most important thing you learned about World War II?*

9. *What is the most important thing you learned about the Cold War?*

10. *What is the most important thing you learned about the Civil Rights Movement?*

11. *What is the most important thing you learned about the War on Terror?*

12. *What is the most important thing you learned about the U.S. Presidency?*

13. *What is the most important thing you learned about the U.S. Congress?*

14. *What is the most important thing you learned about the U.S. Supreme Court?*

15. *What is the most important thing you learned about the U.S. Economy?*

16. *What is the most important thing you learned about U.S. Foreign Policy?*

17. *What is the most important thing you learned about U.S. History?*

ANSWER: *Answers will vary.*

something - as "learning" a thing is commonly understood - does not enable to KNOW the thing. To KNOW it we must be able to LIVE it. The mere intellectual conception of a truth is very different from the true REALIZATION of the Truth. Therefore, I cannot urge you too strongly never to allow yourself to create the habit of merely intellectually dealing with your Lessons and Commentaries. If I were you I would devote a REGULAR time to study and practice. Only in this way will you succeed, by faithful practice, to BUILD INTO YOUR CONSCIOUSNESS THE VERY TRUTH OF YOUR BEING, so that you will be able to reflect the Truth in the everyday doings of your life.

Only this morning I heard from one of my students in Albuquerque who, in less than six months, has so transformed his life that no one believes he is the same man. He has come from an advanced state of tuberculosis into abounding health, and we have many letters from him on file showing of the wonders he has wrought in his physical, mental and spiritual life. It is a veritable miracle, one which doctors would not believe. But how was it done? By steady, zealous practice - asking no questions, not setting up resistance in any way, but faithfully carrying out his practice in a manner that could not but guarantee to him the desired results in his life. The Outer life keeps the individual chained to the wheel of necessity, struggle, pain, lack and rebirth into similar conditions ; but when we let the Light of the Divine Wisdom illumine and purify us, we find that we unconsciously respond to the plan of the Creator - and we come to know Love, and Peace and Perfection.

Use every opportunity that you have to exercise and use the Light. Use it for the healing of others. Let your Light SHINE. Only yesterday, there was a man in my office with a badly swollen leg, suffering from blood poisoning. He had got up from his bed and came to me thinking that he would be able to get some help. And the help came! He was a student who had slipped back a bit. We talked for some time. Then I remarked that he had better heal his leg. He sat quite still. Together we went through a healing breath, and after half an hour's practice he became so aware of the foolishness that he had been indulging in, and was so determined that he would let go this negative condition that he actually DID let the condition go, and he went away with a leg that was almost normal. In other words, he PRACTISED what he knew.

So we should do all that we can to practice USING the Light. Every opportunity that we can get should be taken advantage of. The more we practice the more proficient we become. We must earnestly practice, for this is the only way to seek and know the God Within. At some of the meetings of the Inner Chamber at The Institute, held every Thursday night, I have witnessed some remarkable things. We do our work in a vibration semi-darkness, and it is a common thing for me to actually SEE students. We do not often SEE people. We see their bodies, of course ; but it has been my privilege to actually SEE SPIRITUALLY many of my students -- and the spiritual you is a Being of unutterable Effulgence. Practice seeing yourself AS YOU ARE - the Center of The Light. . . the Sun of God, . . the Sun Behind the Sun. Then will you be able to see all others as differentiated particles of the Creative Spirit - all Children of The Light.

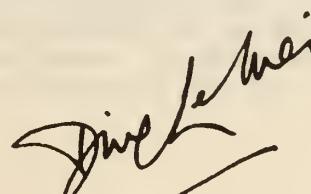
This week you will be happy and grateful and at peace. You will know yourself in The Light, as you will know Every Living Thing in The Light.

With Peace Profound.

Sincerely your Teacher, in Fraternal Bonds of  
Joy and Hope,

Written in Faith at  
Los Angeles, California, U.S.A.

End of the Tenth Commentary,  
Inner Chamber.



## THIS SPACE IS FOR YOUR OWN NOTES

1. *What is the relationship between the concept of "cultural capital" and the concept of "cultural value"?*

2. *What is the relationship between the concept of "cultural capital" and the concept of "cultural production"?*

3. *What is the relationship between the concept of "cultural capital" and the concept of "cultural consumption"?*

4. *What is the relationship between the concept of "cultural capital" and the concept of "cultural transmission"?*

5. *What is the relationship between the concept of "cultural capital" and the concept of "cultural reproduction"?*

6. *What is the relationship between the concept of "cultural capital" and the concept of "cultural capital accumulation"?*

7. *What is the relationship between the concept of "cultural capital" and the concept of "cultural capital distribution"?*

8. *What is the relationship between the concept of "cultural capital" and the concept of "cultural capital exchange"?*

9. *What is the relationship between the concept of "cultural capital" and the concept of "cultural capital conversion"?*

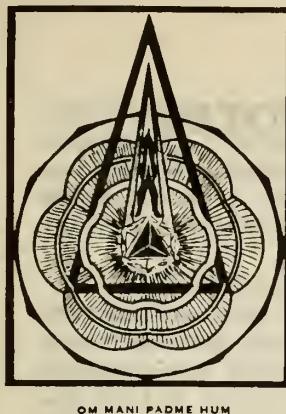
10. *What is the relationship between the concept of "cultural capital" and the concept of "cultural capital transformation"?*

11. *What is the relationship between the concept of "cultural capital" and the concept of "cultural capital creation"?*



The above 12 questions  
are for you to answer.

ANSWER



# The Inner Chamber

## of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

### COMMENTARY

### 11

"THE CAVE OF THE MOON" (ten)—The Revitalizing Breath; The Journey to the Heights; Truth is Simplicity Itself—the Light of God, the Spirit of the Creator, the Oneness of Life.

#### BREATHING EXERCISES DURING STUDY OF THIS COMMENTARY:

1. Breath the Memory-Developing Breath and the Revitalizing Breath (physically) twice each, every morning, and once each as soon after sundown as possible.
2. As you go through these Breathings, hold the picture before your eyes of your sunrise (you have your own ideas and recollection of your sunrise — think of the different coloring, the gorgeous shafts of light of pure gold and so on.) If you have not a picture of the sunrise deeply implanted in your Mind, then get up one or two mornings, and watch the sunrise in silence, with the definite idea that you are thus etching it into your memory that you can bring it back at any moment anywhere — that you can see the light, that you can feel the heat, and that you can imagine all that glorious activity within the Sun, and can even sense the force behind the sun (the "Sun Behind the Sun").
3. In your Breathings hold the conviction that you will not allow a single negative thought to enter your mind during the whole of the week, but that your consciousness shall be flooded with the light as you know it in your sunrise. Be very definite about this throughout the week.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

"The trouble with Einstein and his relativity," writes Benjamin Harrow in "The Romance of the Atom," "is that the earth is much too small for him ; the trouble with Rutherford and his atom is that the earth is much too big for him. Relatively speaking, the atom is to the earth what the earth, perhaps, is to the Cosmos as a whole. The triumph of modern science can, in a sense, be epitomized by saying that it has invented new eyes to see and new ears to hear; or, to be more exact, that it has brought within our ken what was beyond our range before. "No yardstick can measure an atom whose diameter is one-three-hundredth of an inch ; yet the physicist has found ways of measuring the size of atoms. No ultra-microscope is powerful enough to reveal to us the existence of an atom ; yet the

THIS SPACE IS FOR YOUR OWN NOTES

RECOMMENDED TIME 30 MINUTES



NOTES about unusual difficulties you may have had  
in your previous attempts to start writing and/or journaling  
and to connect with yourself and to trust what you write.

NOTES about:



#### NOTES about your first journal entry

NOTES about your first journal entry and how it went and what you learned from it.

NOTES about your first journal entry and how it went and what you learned from it.  
NOTES about your first journal entry and how it went and what you learned from it.  
NOTES about your first journal entry and how it went and what you learned from it.  
NOTES about your first journal entry and how it went and what you learned from it.  
NOTES about your first journal entry and how it went and what you learned from it.  
NOTES about your first journal entry and how it went and what you learned from it.

NOTES about your first journal entry and how it went and what you learned from it.  
NOTES about your first journal entry and how it went and what you learned from it.  
NOTES about your first journal entry and how it went and what you learned from it.

NOTES about your first journal entry and how it went and what you learned from it.

NOTES about your first journal entry and how it went and what you learned from it.

NOTES about your first journal entry and how it went and what you learned from it.  
NOTES about your first journal entry and how it went and what you learned from it.  
NOTES about your first journal entry and how it went and what you learned from it.  
NOTES about your first journal entry and how it went and what you learned from it.  
NOTES about your first journal entry and how it went and what you learned from it.  
NOTES about your first journal entry and how it went and what you learned from it.  
NOTES about your first journal entry and how it went and what you learned from it.

physicist is as certain of the reality of atoms as he is of the reality of his own existence. The secret of his success lies in this ; that the instruments that he has invented make atoms (and their constituents, the electrons) perform 'stunts' which our eyes can see ; so that, though we are denied a view of the atom and its interior, we can outline, in a somewhat crude way, the general design of the house."

Harrow, in this quite informing little book, invites his reader to let his imagination roam a little as he thinks of the beginning of things, with its free electrons and protons. Some of these electrons and protons, in time, unite to form hydrogen and helium atoms . . . then, in the course of time, some of the hydrogen and helium unite to form the various elements ; then the elements unite, first to form simple inorganic compounds and later more complex inorganic compounds ; then the complex inorganic compound slowly emerges as the simple organic substance ; and this, in turn, works its way into an amoeba - and LIFE!

What CAUSES all this? The answer is the Creative Spirit. What causes the electrons and the protons to unite - what causes by this union hydrogen and helium atoms - what causes the union of the hydrogen and the helium atoms and form various elements - what is at the back of the creation of simple and later complex inorganic compounds - what causes the complex inorganic compound to emerge as the simple inorganic substance - what causes the amoeba and LIFE?

IT IS THE LIGHT OF GOD - THE SPIRIT OF THE CREATOR.

(a) Truth is Simplicity Itself.

As you think of what has just been written, think of yourself - your Body, your Mind and your Spirit. All coming from, and flowing evenly in, the Oneness of the Eternal. "Teach me Thy Way, Oh Lord."

Comprehending this, we gather to ourselves knowledge of The Absolute. Understanding is first gained through the mind, but greater than this is an understanding Heart (of the pulsation of the Human Heart; then, by practice, losing oneself in it, of the pulsation of the Heavenly Heart). We are in the Oneness ---

The Oneness of Life, as it manifests in and through all forms, from the atom to the Sun, from the amoeba to Man ; animate and inanimate.

The Oneness of Love, as it throbs in the hearts of Every Living Thing as we see it in Our Own Spiritual Breath.

This, my Beloved, is your destiny and mine. To return to the Source, the Father-Mother-God, "from whence we came", or better, "IN WHOM WE LIVE", though our senses have led us astray. To reach the place where carnality is left behind, and to arrive at the portal of our Divine Abode, a God-conscious Man. We are That now, -- we are THERE now. But, as I advised in your last Commentary, we must be practical. We are on this plane - we must engage in all activities of this plane that are necessary to bring us the right experience. You are in business - you must follow your business, but you must train yourself through the TRUTH of your own Life to know that all that you do and say and think and feel is in the Perfect Order of the Universe. Every thought is flowing from the Infinite Source of Spirit-Thought - you are its faultless interpreter. . . . You are engaged in many varied activities, and find that your days are full . . . but it is not you who are doing these things . . . you are so tuned and refined to the Solar Principle of Light that, with absolute rhythm and doing nothing to disturb the rhythm of THAT within you, your life is a perfect reflection of the Principle.

## THIS SPACE IS FOR YOUR OWN NOTES

the following day. All visitors were asked to leave their notes in the office. The government has no desire to be held responsible for any damage or loss which may occur to any individual or organization due to the actions of the government. The government will not be held responsible for any damage or loss which occurs to any individual or organization due to the actions of the government.

The following note was received from the U.S. Embassy in Tokyo:

Dear Sirs - I am enclosing a copy of the Japanese newspaper "The Asahi Shimbun" dated April 10, 1968, which contains an article concerning the recent visit of the Japanese Prime Minister to the United States. The article states that the Prime Minister has been informed by the U.S. Government that the Japanese Government has agreed to provide financial assistance to the U.S. in its efforts to combat inflation. The Japanese Government has also agreed to provide financial assistance to the U.S. in its efforts to combat inflation.

Yours sincerely, The Japanese Ambassador to the United States

Yours sincerely, The Japanese Ambassador to the United States

Dear Sirs - I am enclosing a copy of the Japanese newspaper "The Asahi Shimbun" dated April 10, 1968, which contains an article concerning the recent visit of the Japanese Prime Minister to the United States. The article states that the Prime Minister has been informed by the U.S. Government that the Japanese Government has agreed to provide financial assistance to the U.S. in its efforts to combat inflation. The Japanese Government has also agreed to provide financial assistance to the U.S. in its efforts to combat inflation.

Dear Sirs - I am enclosing a copy of the Japanese newspaper "The Asahi Shimbun" dated April 10, 1968, which contains an article concerning the recent visit of the Japanese Prime Minister to the United States. The article states that the Prime Minister has been informed by the U.S. Government that the Japanese Government has agreed to provide financial assistance to the U.S. in its efforts to combat inflation. The Japanese Government has also agreed to provide financial assistance to the U.S. in its efforts to combat inflation.

Yours sincerely, The Japanese Ambassador to the United States

Yours sincerely, The Japanese Ambassador to the United States

Dear Sirs - I am enclosing a copy of the Japanese newspaper "The Asahi Shimbun" dated April 10, 1968, which contains an article concerning the recent visit of the Japanese Prime Minister to the United States. The article states that the Prime Minister has been informed by the U.S. Government that the Japanese Government has agreed to provide financial assistance to the U.S. in its efforts to combat inflation. The Japanese Government has also agreed to provide financial assistance to the U.S. in its efforts to combat inflation.

Dear Sirs - I am enclosing a copy of the Japanese newspaper "The Asahi Shimbun" dated April 10, 1968, which contains an article concerning the recent visit of the Japanese Prime Minister to the United States. The article states that the Prime Minister has been informed by the U.S. Government that the Japanese Government has agreed to provide financial assistance to the U.S. in its efforts to combat inflation. The Japanese Government has also agreed to provide financial assistance to the U.S. in its efforts to combat inflation.

Yours sincerely, The Japanese Ambassador to the United States

When we gather to ourselves this simple idea, how wonderful Life becomes! There is NAUGHT that is wrong - NAUGHT that is negative - NAUGHT that is dark ---- for ALL IS LIGHT. the Light of the Divine Wisdom That Is In Every Living Thing.

(b) The Journey to The Heights.

I daresay that sometimes you may be inclined to think that there is a lack of continuity of Thought about your Commentaries - that one thing is treated with this week, and then another next week. You may also wonder why you are being taught to change your Breathings, and why they are being given a new meaning through what appear to be new practices. Should you think thus, I must impress upon you that we must not become the slave of conditions in any way.

At the commencement of your study and practice of Mentalphysics, the Spiritual Breathings brought you some definite mental concept, and through the repetition of your spiritual affirmations at the end of each of the Breaths, your mind has been disciplined to certain forces - you feel certain sensations when you mentally say certain words. For example : In the Memory-developing Breath, when you commence the affirmation you set up in your mind certain currents, and as you go along in the affirmation you are able to follow these currents, and when the end of the affirmation has been reached you have gone through a definite set regime associated with this particular Breath. And so with all the others. You can see that in this manner you have been:

- (I) Improving your physical body - by virtue of the good that has come to you through gradually perfecting physical breathing :
- (II) Improving your mind - by virtue of increased concentration and analysis of your own thought and keener recognition of feeling (understanding, through watchfulness, of your emotions) :
- (III) Improving spiritual realization - by virtue of the intellectual understanding of the Truth of Life and your effort to live what you have learned.

(c) The Habits Are The Man.

In Mentalphysics we are learning THE METHOD. That is the crowning success of our study - the method. Thousands of students have told me that, though they seemed to understand with their minds what Mentalphysics teaches (and this is true, of course, for there is but one thing to learn, and that is that we are the Creator in Human Form), they could not WORK IT OUT IN THEIR LIVES. Mentalphysics shows us HOW TO DO IT. We do it by the HABIT of doing it. To write, we must write . . . to sing, we must sing . . . to LIVE we must LIVE - not read about and study Life. When we LIVE we know, through right living, the Oneness of the Universal. We become the Tree of Life, and through our practices know how to bring the life of the Tree out of its Earth to its Heaven. We turn on the switch (just as you learned to do it in your Cleansing Breath) and find that The Light illuminates the whole Temple. Thus we emerge into the Essentiality of Life - which is Love Divine.

Never fear that we shall be led on to the FULL realization, into true Mastership, but Nature shows us that we can only be what we have evolutionarily become. What we have become today is the seed for the increased harvest of our becoming tomorrow. And we must give thanks that in our method in Mentalphysics we have the way.

Never forsake your practices. Practice dispels limitation. If you do not practice, you will slip back again merely into hoping. Hope is static ; KNOWLEDGE is Power.

## THIS SPACE IS FOR YOUR OWN NOTES

You may tell a man that he is God. But he will be little the wiser. Take him and teach him, show him what to do to uncover his Divine Nature, and through practice of uncovering it, and with practise of living what he knows, he will come to KNOW THAT HE IS GOD. But merely to taunt him with platitudes which can have little meaning to him, you may disturb what faith he already has, and leave him struggling in the Slough of Darkness, his hope slowly dying out of him.

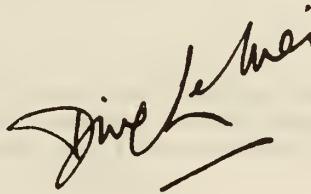
We have gone thus far. We are about to change our methods slightly, but you must not forsake the technique all at once - it must be gradual. Therefore, I charge you to still be restful and reposedful in mind, to put to the test of your own experience what you have already learned, to be constantly in rapport with Nature - to watch her at work within you and without . . . . KNOWING that you are marching on to Mastership - slow but a sure march.

I daresay that I could clothe these Commentaries in a much more "intellectual" dress, but that is not by any means my intention. I want to teach . . and teach . . and teach ; and I must have your cooperation, for I cannot teach unless you wish with all your soul to learn.

Therefore - this week, carry out your Breathings as instructed.  
watch the sun rise, and as you watch it - THINK.  
Be Happy and Give Thanks.

May you have a wonderful week of Light and Love and Peace.

Sincerely your Teacher, in Fraternal Bonds  
of Joy and Hope,



Written in faith at  
Los Angeles, California, U.S.A.

End of The Eleventh Commentary,  
Inner Chamber.

## THIS SPACE IS FOR YOUR OWN NOTES

For example, the author is interested that readers remember well the first time they heard of "quantum mechanics," or "string theory." He also wants to know what people think about the "multiverse" and the "big bang." The author is also interested in the reactions of people to the "dark matter" and "dark energy" theories.

"Personal belief" questions are also welcome, such as "would you consider yourself a spiritual person?" or "do you believe in God?" and so on. The author is also interested in the reactions of people to the "multiverse" and the "big bang."

"Personal belief" questions are also welcome, such as "would you consider yourself a spiritual person?" or "do you believe in God?" and so on. The author is also interested in the reactions of people to the "multiverse" and the "big bang."

"Personal belief" questions are also welcome, such as "would you consider yourself a spiritual person?" or "do you believe in God?" and so on. The author is also interested in the reactions of people to the "multiverse" and the "big bang."

"Personal belief" questions are also welcome, such as "would you consider yourself a spiritual person?" or "do you believe in God?" and so on. The author is also interested in the reactions of people to the "multiverse" and the "big bang."

"Personal belief" questions are also welcome, such as "would you consider yourself a spiritual person?" or "do you believe in God?" and so on. The author is also interested in the reactions of people to the "multiverse" and the "big bang."

"Personal belief" questions are also welcome, such as "would you consider yourself a spiritual person?" or "do you believe in God?" and so on. The author is also interested in the reactions of people to the "multiverse" and the "big bang."

"Personal belief" questions are also welcome, such as "would you consider yourself a spiritual person?" or "do you believe in God?" and so on. The author is also interested in the reactions of people to the "multiverse" and the "big bang."

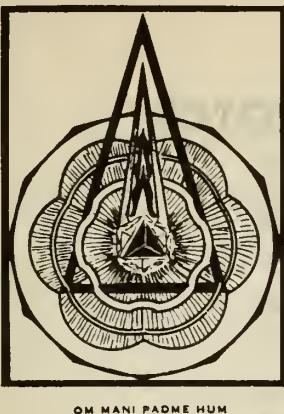
"Personal belief" questions are also welcome, such as "would you consider yourself a spiritual person?" or "do you believe in God?" and so on. The author is also interested in the reactions of people to the "multiverse" and the "big bang."

"Personal belief" questions are also welcome, such as "would you consider yourself a spiritual person?" or "do you believe in God?" and so on. The author is also interested in the reactions of people to the "multiverse" and the "big bang."

"Personal belief" questions are also welcome, such as "would you consider yourself a spiritual person?" or "do you believe in God?" and so on. The author is also interested in the reactions of people to the "multiverse" and the "big bang."

"Personal belief" questions are also welcome, such as "would you consider yourself a spiritual person?" or "do you believe in God?" and so on. The author is also interested in the reactions of people to the "multiverse" and the "big bang."

"Personal belief" questions are also welcome, such as "would you consider yourself a spiritual person?" or "do you believe in God?" and so on. The author is also interested in the reactions of people to the "multiverse" and the "big bang."



# The Inner Chamber

## of the Science of Mentalphysics



THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

## 12

"THE CAVE OF THE MOON" (eleven)—Divine Art of Healing;  
Fanning the Living Flame; Technique for Spiritual Healing; De-  
veloping the Spirit of the Current of the Universe.

THIS WEEK YOU ARE TO BE INTRODUCED TO AN ENTIRELY NEW BREATH - THE HEALING BREATH. (which grows out of The Revitalizing Breath). This is rather difficult to teach by the written word. This Breath forms an important part of my closed teaching by mouth-to-ear method conducted at The Institute.

### Breathing Instructions for the Week:

1. In the mornings breathe the Revitalizing Breath (physically) twice ; also breathe Revitalizing Breath twice each evening as soon after sundown as possible, following at both these sessions with the new Healing Breath as explained to you in this Commentary.

My Beloved Student in Mentalphysics, Noble of The Light:

Greetings in The Bond.

This is to be a wonderful week for you. Whatever you do this week, give yourself two short periods each day to "belong to yourself." There must be absolute quiet in your own mind and heart. Go into the Secret Place of the Most High, and there unfold to yourself a great secret for the healing of yourself and the healing of others.

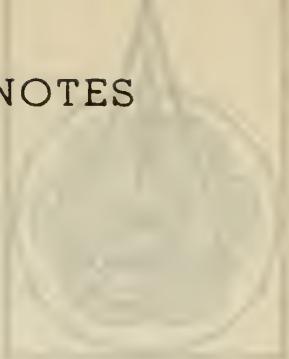
### INSTRUCTIONS -

(A) Posture : Sit comfortably, preferably in the Sevenfold Position (if you can sit that way without movement.) Sit as you sit in meditation. If not in the Sevenfold position, the heels must be touching ; the hands, palms upwards, thoroughly relaxed ; the spine straight, but not tensed.

(B) First Movement: 1- Feel that you are HAPPY - and HEAVY. Imagine the body to be so heavy that it cannot be moved . . FEELING that it is heavy, not merely thinking that it is.

2- Then FEEL to the right side of your head, with your thought. You will gradually get the sensation that you are feeling out through

THIS SPACE IS FOR YOUR OWN NOTES



the right side of your head. Hold this feeling, and you will find that the gently concentrated feeling through thought makes the body, particularly the head, bend over a little to the right - the substance of your body will follow the attention of your Thought. Do this for a few minutes - perhaps three minutes or so - ever so silent and still, not moving exteriorly or interiorly.

Soon you will feel as if you are being taken out bodily to the right - that your body in its entirety is going out to the right.

- 3- Rather encourage this idea. Imagine that you are being swept out to the right through the right side of your head, and WATCH WITHIN YOUR HEAD WHAT IS GOING ON. Do not try to control the current, but let it run and merely watch it.
- 4- Just let the body do what it wants to do and you be the Silent Watcher. Once you get this feeling, it will be easy for you to feel yourself being directed by it, and it will be exceedingly pleasant.
- 5- There must be the distinct sensation that you are feeling out through the right side of head . . . further and further out . . . stronger and stronger ----- and YOU SITTING ENTIRELY STILL AND HAPPY.

(C) Second

Movement:

- 1- After having done this for some time, you will feel yourself gently swaying out to the right ; you will be definitely conscious of the current taking you to the right. NOW, CHANGE THE CURRENT - change the FEELING ; FEEL OUT THROUGH THE LEFT SIDE OF YOUR HEAD.
- 2- Then repeat precisely the procedure outlined above under (A), changing from right to left.

(D) Third

Movement:

- 1- Having carried out (B-2), feel within your own head and gently declare to yourself that you are stopping the current and FEELING DOWNWARD. You are feeling down through your body, from the top of your head to the tips of your toes - then you imagine that, like a great wheel, the force is coming up again to the top of your head and down again through your body in one gradually quickening revolving movement. You must do this very deliberately with your FEELING, so that you are conscious of the circular movement. (With a little practice, this will come to you quite naturally. Then you watch and FEEL, FEEL, FEEL within yourself, and just watch what you feel.)

For the First Two Days (Morning and Evening) you will carry out the above.

On the Third Morning, you will find it much more easy to go into the Breath, and will be able much more quickly to get the feeling. You will be able almost immediately to get the "pulling" sensation, as if it were pulling, pulling you far out to the right. Similarly, when you change the thought and consequently change the feeling, you will get that pulling sensation to the left. Finally, when you stop the current, and feel downwards, you will feel that your whole body is "melted", and that it is apparently going in all directions ; but your Mind will be clear, and you will feel as light as a feather.

## THIS SPACE IS FOR YOUR OWN NOTES

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

NOW FOLLOWS THE AFFIRMATION FOR USE AT  
THE END OF THE BREATH. READ IT REVERENTLY.

You should read what follows many times during the first two days, so that you will be able to familiarize with the idea of the Healing Breath. It would be better for you to memorize this, but by reading it many times you will be able to get the feeling - and that is what is wanted. Throughout this breath it is not THINKING that I urge you to engage in, but FEELING . . . F E E L I N G . . . . F E E L I N G THE CURRENT; NOT THINKING ABOUT IT.

What is now written is what I declare during and after the movements of the Breath when I conduct a class in closed work at The Institute. You may imagine yourself sitting in a circle with other students. You are all sitting in the Posture indicated above. Get, then, the picture in your mind - and imagine that you are sitting between two people who, like you, form links in the Circle. Then imagine that you can hear my voice - declaring what follows with softness, with emphasis, in smooth even tones that seem to send you to sleep - the body asleep, but the mind perfectly clear and alert. These are the exact words that I use :

1. "Now, I am thinking out through the right side of my head. I am thinking of my right-hand neighbor. I am FEELING out through the right side of my head. . . . There it comes - that beautiful sensation, seeming to carry me away to the right - to the right - to the right. It seems as if I am on a cloud going out endlessly through space to the right . . . it seems as if I am on the bosom of a great billow, going out over a far-outstretching sea to the right, to the right, to the right.
2. "I AM DEVELOPING PRANA IN THE POSITIVE CENTER OF MY WILL POWER.  
"I AM DEVELOPING THE LIFE CURRENT WITHIN ME IN THE POSITIVE CENTER OF MY WILL POWER.  
"I AM DEVELOPING THE CURRENT OF LIFE WITHIN ME - I AM DEVELOPING THE CURRENT OF THE UNIVERSE WITHIN ME - I AM DEVELOPING THE SPIRIT OF THE CURRENT OF THE UNIVERSE WITHIN ME IN THE POSITIVE CENTER OF MY WILL POWER.
3. "I FEEL A PUSHING SENSATION OUT THROUGH THE RIGHT SIDE OF MY HEAD. IT GROWS A LITTLE FASTER, A LITTLE SMOOTHER, A LITTLE DEEPER, TAKING ME AWAY TO THE RIGHT. I AM DEVELOPING PRANA IN THE POSITIVE CENTER OF MY WILL POWER.

(The probability is that you will find that your Mind will be charged with the idea that your body is actually going away to the right. Merely sit still ; watch ; feel what is going on in your own body, and register the feeling for future experimentation.)

4. "And now I reverse the current. I am FEELING AWAY TO THE LEFT - TO THE LEFT - TO THE LEFT. There it comes, that beautiful vibration, taking me away to the left. It seems to grow a little faster, a little smoother, a little deeper.
5. "I AM DEVELOPING PRANA IN THE NEGATIVE CENTER OF MY WILL POWER.  
"I AM DEVELOPING THE LIFE CURRENT WITHIN ME IN THE NEGATIVE CENTER OF MY WILL POWER.  
"I AM DEVELOPING THE CURRENT OF LIFE WITHIN ME - I AM DEVELOPING THE CURRENT OF THE UNIVERSE WITHIN ME - I AM DEVELOPING THE SPIRIT OF THE CURRENT OF THE UNIVERSE WITHIN ME IN THE NEGATIVE CENTER OF MY WILL POWER.
6. "Now I stop the current and I AM FEELING DOWNWARDS, DOWNWARDS. I imagine that Great Light at the top of my head, and it is coming down, down to the tips of my toes. Now up around in front again like a great wheel -- (do the circular movements three times) -- then, mentally declare ---

## THIS SPACE IS FOR YOUR OWN NOTES

1. ~~1. The first time I saw the new car I was very excited. It was a shiny red color and it had a sleek, modern design. I loved the way it looked and the way it drove. I was so happy to have a car of my own.~~

2. ~~2. I'm not sure if I'll ever get used to driving a car. It's a bit scary at first, but once you get the hang of it, it's pretty easy. I like how it feels to be in control of a vehicle and how it can take me anywhere I want to go.~~

3. ~~3. I think the most important thing about driving is safety. You never know what might happen on the road, so it's always best to be careful and drive responsibly. I also like how it feels to be able to control my own destiny and make my own choices when it comes to getting around.~~

4. ~~4. Overall, I'm really happy with my new car. It's a great addition to my life and I'm looking forward to many more adventures ahead. I just hope I never have to deal with any more car trouble again!~~

5. ~~5. I'm still getting used to driving, but I'm getting better every day. I'm learning new things all the time and I'm excited to continue improving my skills. I just hope I never forget how to drive again!~~

6. ~~6. I'm really happy with my new car. It's a great addition to my life and I'm looking forward to many more adventures ahead. I just hope I never have to deal with any more car trouble again!~~

7. ~~7. Overall, I'm really happy with my new car. It's a great addition to my life and I'm looking forward to many more adventures ahead. I just hope I never have to deal with any more car trouble again!~~

8. ~~8. I'm still getting used to driving, but I'm getting better every day. I'm learning new things all the time and I'm excited to continue improving my skills. I just hope I never forget how to drive again!~~

9. ~~9. Overall, I'm really happy with my new car. It's a great addition to my life and I'm looking forward to many more adventures ahead. I just hope I never have to deal with any more car trouble again!~~

7. "THE CREATOR IS WITHIN ME: LOOKING OUT ON THE UNIVERSE THROUGH MY EYES,  
    "               "               "               "               " LISTENING TO THE SOUNDS OF THE UNIVERSE THROUGH  
    "               "               "               "               " MY EARS  
    "               "               "               "               " THINKING THE THOUGHT OF THE UNIVERSE THROUGH MY MIND  
    "               "               "               "               " ISSUING THE SOUNDS OF THE UNIVERSE THROUGH MY THROAT  
    "               "               "               "               " (purify Thou my throat)  
    "               "               "               "               " DOING THE WORK OF THE UNIVERSE THROUGH MY HANDS  
    "               "               "               "               " E X P R E S S I N G    T H R O U G H    M E --

"WHATEVER THE CREATOR IS, I AM.  
"I AM PERFECT AS HE, AS IT, THAT WHICH I FEEL WITHIN ME, IS PERFECT.  
"I AM PERFECT MIND IN A PERFECT BODY . . . I AM THAT I AM.

8. "And now the body is in a liquid, liquid state - wheels within wheels, seeming to be going in all directions. But YOU, triumphantly seated within the citadel of your own Spirit, the Mind crystallly clear. I bring that Great Light again to the top of my head, and with the power of my Imagination I spread it out as far as I can spread it . . and then I bring it Down with a slightly pressing sensation downwards, to be met with a slightly resisting sensation upwards . . and so I bring it Down . . Down . . Down . . then up around again in front, and down, not missing one cell in the body ---- CLEANSING . . CLEANSING . . CLEANSING, and now I SEE MY WHOLE BODY, my WHOLE BODY FULL OF LIGHT.

9. "And now I will fan the Living Flame that brings the Light, as Feeling upwards to the top of my head, Feeling Happy, seeing that Golden Light go out in all directions from the top of my head, Giving Thanks, . . I take a little breath and a long, long deep, sweeping, sweeping sigh. And now I take another little breath and a quick sigh --- and I wake up slowly."

Be silent about this. Practise this Commentary faithfully. Make it a sideline of your regular study until you are proficient in the mechanics of the Breath. Whatever you have learned in Mentalphysics so far will fade into less importance by the side of the INNER meaning of this Healing Breath.

Registering in your Mind what you FEEL in this Breath, USE IT THE NEXT DAY IN ALL THAT YOU DO.

I embrace you in the Truth of Life - you are Life Eternal.

Sincerely your Teacher, in Fraternal Bonds  
of Joy and Hope,

Written in faith at  
Los Angeles, California, U.S.A.

Direkt mein

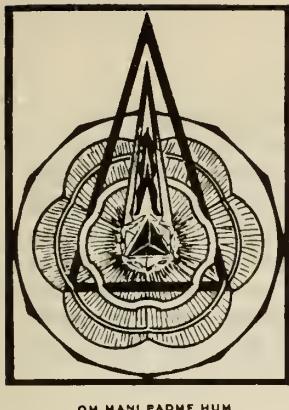
End of the Twelfth Commentary,  
Inner Chamber.

## THIS SPACE IS FOR YOUR OWN NOTES

RECEIVED  
LIBRARY OF CONGRESS  
JULY 1962



RECEIVED  
LIBRARY OF CONGRESS  
JULY 1962



# The Inner Chamber

## of the Science of Mentalphysics



THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

**13**

"THE CAVE OF THE MOON" (twelve)—Symbolology of "The Resurrection"; The Law of Nature is a Tendency Upward of All Living Things; All Life Symbolical of Its Hidden Force.

### Breathing Instructions for the Week:

Same as in The Twelfth Commentary.

My Beloved Student in Mentalphysics, Noble of The Light:

Greetings in The Bond!

I hope that you will have been faithfully practising The Healing Breath. This is one of the most important breaths so far given to you, and is, in a way that you possibly cannot fully comprehend yet, an opening wedge to much wider understanding. A ray of Light, shot from the Deity, is the cause and principle of all that exists. We are familiar with this truth. It is at once the Father and Mother of All, in the sublimest sense. The Healing Breath enables you to FEEL this to be true, for it unfolds to us the meaning of what is called the Resurrection. At Easter, throughout Christendom, we celebrate Easter... the coming of the Spring, the renewal of Spring's promises of Life, and so on.

In The Healing Breath we have the means at our hand to realize the Resurrection at any time, for every day is the Day of Resurrection with us.

### (a) Life the Eternal Symbol

Let us speak a little about this idea - thinking of Easter. Easter Day, for that will bring clearly to our minds the idea of the Resurrection. Easter, first, is the symbol of Universal JOY, which we all feel to be the very essence of life, and know it to be our real heritage. At Easter time we know only Joy and Beauty and Love and Peace and Life. At that time Nature, through the earth, renews her promises. The Sun increases his heat and Light for our benefit. In the springtime a young man's fancy lightly turns to thoughts of Love - not at all by mere chance, but because, with the increase in the Light from the Sun, it is natural that man should feel more of Love - which is the Essence of the universe, the pivot of Right Activity, the kernel of Life itself, the seed of all True Expression . . . and that which men call God is Love,

THIS SPACE IS FOR YOUR OWN NOTES



RECORDED IN THE  
MANUFACTURER'S BOOKS

THE COMPANY AGREE TODAY AND TO DAY AND  
FOR EVER TO PAY TO THE PERSON OR PERSONS  
WHO SHALL BE THE GOVERNOR AND MARCHAL OF THE  
COUNCIL OF THE KINGDOM OF THE SOUTH FRENCH

20

THE SUM OF TWENTY MILLION FRANCS, WHICH  
SHALL BE PAID IN THE FORM OF A BILL OF EXCHANGE  
DRAFTED ON THE BANK OF PARIS.

THE COMPANY AGREES TO PAY THE SUM OF TWENTY  
THOUSAND FRANCS DURING THE FIRST MONTH OF  
THE YEAR ONE THOUSAND EIGHT HUNDRED AND EIGHTY-ONE.

THE COMPANY AGREES TO PAY THE SUM OF TWENTY  
THOUSAND FRANCS DURING THE FIRST MONTH OF  
THE YEAR ONE THOUSAND EIGHT HUNDRED AND EIGHTY-TWO.  
THE COMPANY AGREES TO PAY THE SUM OF TWENTY  
THOUSAND FRANCS DURING THE FIRST MONTH OF  
THE YEAR ONE THOUSAND EIGHT HUNDRED AND EIGHTY-THREE.  
THE COMPANY AGREES TO PAY THE SUM OF TWENTY  
THOUSAND FRANCS DURING THE FIRST MONTH OF  
THE YEAR ONE THOUSAND EIGHT HUNDRED AND EIGHTY-FOUR.

THE COMPANY AGREES TO PAY THE SUM OF TWENTY  
THOUSAND FRANCS DURING THE FIRST MONTH OF  
THE YEAR ONE THOUSAND EIGHT HUNDRED AND EIGHTY-FIVE.

AMOUNT RECEIVED AND PAID

THE COMPANY AGREES TO PAY THE SUM OF TWENTY  
THOUSAND FRANCS DURING THE FIRST MONTH OF  
THE YEAR ONE THOUSAND EIGHT HUNDRED AND EIGHTY-SIX.  
THE COMPANY AGREES TO PAY THE SUM OF TWENTY  
THOUSAND FRANCS DURING THE FIRST MONTH OF  
THE YEAR ONE THOUSAND EIGHT HUNDRED AND EIGHTY-SEVEN.  
THE COMPANY AGREES TO PAY THE SUM OF TWENTY  
THOUSAND FRANCS DURING THE FIRST MONTH OF  
THE YEAR ONE THOUSAND EIGHT HUNDRED AND EIGHTY-EIGHT.  
THE COMPANY AGREES TO PAY THE SUM OF TWENTY  
THOUSAND FRANCS DURING THE FIRST MONTH OF  
THE YEAR ONE THOUSAND EIGHT HUNDRED AND EIGHTY-NINE.

Of course, Easter - the Spring - Man - Life Itself means nothing to us unless we can see the higher, deeper, inner thing of which Easter - the Spring - Man - Life Itself is the symbol. Man is but a symbol, and the thoughts of his Mind - being the essence of the Mind of God In Transit - point him always onward and upward to a higher interpretation of life, to a better understanding of that which causes Life, to a better conception of the unchanging universe of which he is a part, to the inner meaning of the Eternal Oneness that springs from the Heart of the Eternal Lord, the Giver and the Receiver, the Absolute Father-Mother-God from whom we come, to whom we go.

(b) Symbol of the "Resurrection".

The Healing Breath brings us to the symbology of the "Resurrection."

We find traces of the generally accepted doctrine of the Resurrection in Zoroastrianism, in later Judaism, but the doctrine is peculiarly Christian. In the early Hebrew scriptures there is no mention of it, but by the time that Jesus walked the earth it had become a formal doctrine of the Pharisees. It remained for Jesus and his apostles to reveal clearly the doctrine of the resurrection of the Body, and to connect it with the fact of Jesus' own resurrection as a kind of special evidence and pledge.

I wonder what comment Jesus, as the great Master of the Mysteries, as most advanced thinkers can visualize him, would make upon the popular belief among thousands of professedly Christian people today regarding the "Resurrection." They believe, of course, that all the dead will be raised indiscriminately to receive judgment according to their works . . . they that have "done good" to the resurrection of life, they that have "done evil" to the resurrection of damnation. The "Resurrection" is supposed to take place on the Last Day, by which seems to be meant the close of the present world (though what that means no one knows, for science knows that this earth will last probably a million years longer). Otherwise enlightened, many people hold on to this idea, and the "Resurrection" as taught by the Priestcraft, has been a great stumbling block in the path of human thinking on the Truth of Life.

The "Resurrection", in its truth, is symbolical of the power that you and I have over Life and Death - the unbroken continuity of life, of immortality here and now always. After I had been in my old temple in Tibet for some months, I became restless. I felt that the time had come for me to again come out into active work in the world. It had been very wonderful to me, and I had seen many "strange" things, which I reveal to my students here at the Institute in my mouth-to-ear teaching. My old Master came to me, and told me that he was to show me the ultimate power. He was to go out of his body. So one morning, he prepared himself, and, going to the place set apart in the temple for such practices, he chanted himself away. He told me that he would be away until the ninth hour of the ninth day, but that at that hour he would return.

Preparations were made. Two priests sat beside him as he laid down his body, chanting himself into "the other side," "beyond" . . . use what word you will. The priest on the right was the positive current, the priest on the left the negative. So my old master went from his body. The body became still - every pulsation ceased - a Western Medical man, placing a stethoscope over his heart, would have pronounced him "dead". I, his humble pupil, felt that I, too, underwent a great change, for I did not wish to eat ; my spirit was at rest ; I just "mooned around" for the nine days. Then, at dawn on the ninth day, there was a silent stir in

THIS SPACE IS FOR YOUR OWN NOTES

that part of the temple in which his body lay, with the two faithful ones keeping guard and holding the pranic current in the body. Secret preparations, such as the massaging of the body and so forth, were undertaken. Soon the pulses of the body became stronger, color came back to his face, he moved, he arose, he walked, and coming towards me bowed low. He had learned the secret of the "Resurrection."

(c) Another Instance of Mastery.

These things are hard to write about, nor can explanation be made. But just as he was able to leave his body at will and organize another body, so have we the power to do likewise - only we do not yet know the way.

One day my old Master was to take a short journey. He commanded me to accompany him. Passing through the first small village, he was approached by the elders, who implored him to remain with them, for they feared that roving bands would pillage their homes. As he spoke he was transfigured. I watched closely, and soon, though I was talking to him and could touch his body, I saw his body lying across the threshold of the gateway to the village. Turning to the headman, he said "Go in peace to thy work; now no harm can come near thee."

Unbelievable? Of course, it is unbelievable to those who have not witnessed such a phenomenon. "You were hypnotized," some will say. I will not argue. Only this I know, that at nightfall, when we again passed that way, I saw that body that was lying as a protection between the uprights of the village gate disintegrate, and the villagers met together to give thanks. Asking how it was done, there came from my old master his stereotyped reply, "Go - and find out!"

The hidden meaning of the "Resurrection," which is typified in the Easter celebration in Christendom, is Man's Eternal Unfoldment of His Divine Nature. We do not know how these things are done - all is mysterious to us. But everything is mysterious until it is unfolded for us in consciousness.

(d) Nature's Upward Path.

The Law of Nature is a tendency upward of all living things. After the nebula the orb, after the orb the mineral, after the mineral the animal, after the animal Man. The evolution of Nature is followed by the progress of humanity. Man, as man, can only aspire to that of which he has some knowledge. Jesus, as the Master of the Mysteries, possessed that knowledge which was the POWER that enabled him to revivify the atoms of his body to right coordination that the Force of Life Itself flowed undeterred in and through his body, so that he "rose from the dead." My old Master also has this power, and demonstrated it to me.

So the Song of Life is that of the "Resurrection." Every seed that brings forth a plant, every breath that brings us life, every thought that causes us to act . . . all life expression is symbolical of the "Resurrection."

I refer you to your early lesson that deals with Pervasion - you and I are All-pervading. No subject has agitated human thought or agitated human hearts more than the question of Immortality. Life itself is a bewildering mystery . . . bewildering because we do not understand life, bewildering because we do not understand ourselves.

The superstitious thinker believes that Eternal Life begins after "death", and very few there are who know that there is only One Life. If any life anywhere is eternal, then ALL LIFE EVERYWHERE IS ETERNAL. Thus there has come in this age a battle between Science and Religion, the former dealing with the present life and

THIS SPACE IS FOR YOUR OWN NOTES

the latter preparing for what is called the after-life. There is no knowledge on the essentially physical plane of life, either in science of physics, or in the realm of psychology, that can lift man out of this confusion. But we in Mental-physics are learning how to lift ourselves beyond the physical to the true realm of the metaphysical.

(d) There is no Death.

We are learning how to see the truth in both religion and science. We are learning that everything that we can sense in the Universe is but symbolical of the One Force behind and within. Traditional religion has been built up on the thought and visualization of a life that comes after the existence on the physical plane. It is generally believed that "death" is inevitable, and with this negative thought established, naturally the Creative Spirit within man is always urging him to turn to religion as a guide and inspiration. Science has yielded to the influence of the thought that death is inevitable, and deals mainly with the life here on what is called the material plane of existence, and because of that we cannot look to material science for spiritual enlightenment. But the time is coming when science will so push its investigations that it must arrive at the point where, passing through the full investigation of the physical it arrives at the metaphysical. There are happy signs of this already.

But we in Mentalphysics, through a life of poise and light and joy and love, are learning more than we can learn in any material way, though, as scientists, we have to put our lives on the physical plane through the microscope of thought on the lowest place - thus, gaining mastery of the lower, find that we are being led lovingly to the higher . . . and the highest of all is the symbolical interpretation of what we call the "Resurrection" - Love Triumphant.

I send you thoughts of Joy and Power and Conquest. You are at the dawn of your Day of Triumph.

Peace be unto you.

Fraternally in the Bond of Joy  
and Hope,



Written in faith at  
Los Angeles, California, U.S.A.

End of the Thirteenth Commentary.  
Inner Chamber.

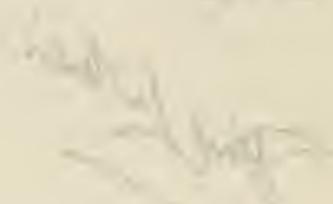
THIS SPACE IS FOR YOUR OWN NOTES

1930. Considered as a new species by C. L. Hitchcock and R. W. Holmgren  
in their monograph of the genus. It is a small shrublet, 1-2 m. tall, with  
numerous slender, erect branches. The leaves are opposite, linear-lanceolate,  
acute, 10-15 mm. long, 2-3 mm. wide, with a few scattered hairs on the  
upper surface. The flowers are numerous, in terminal cymes, 5-10 mm. long,  
each flower 5-6 mm. long, with a few scattered hairs on the upper surface.  
The fruit is a small, round, smooth drupe, 5-6 mm. in diameter.

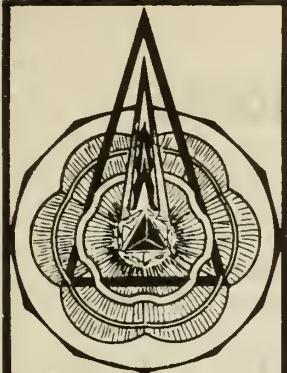
Planted at the Arnold Arboretum from seeds sent me by Mr. C. L. Hitchcock  
in 1928. Grows well in the shade of large trees.

July 1, 1930

To Ruth with all affection  
April 1932



A small, upright  
shrub, 1-2 m. tall, with  
numerous slender, erect  
branches. The leaves are  
opposite, linear-lanceolate,  
acute, 10-15 mm. long, 2-3 mm. wide,



OM MANI PADME HUM

# The Inner Chamber of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

**14**

**"THE FIRST RETROSPECT" (one)—The Way of Attainment—Self-Analysis; The Tumult of Materiality.**

## Breathing Exercises for the Week.

1. You should take all your Breathings this week, from the Memory-developing Breath to Your Own Spiritual Breath. If you feel that you have mastered them, and have little need of physical breathing, take them all silently, going through one after the other, seeing whether you have made progress in the control of the FEELING which each Breath brings to you. At all events, do some physical breathing consistently this week.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

During this week I wish you to read through, once each day if possible, the whole of your Commentaries, from The First Commentary to The Thirteenth Commentary. If that be too much for you, then read through all of them once during the week, and consider very carefully

Second Commentary .... (a) Exercise for Reading the Aura - p. 2.  
Third Commentary .... (2) Exalting the Fire of Life, p. 4.

Fourth Commentary .... From "Though it may not seem to be so, THE LAW IS - pp. 3-4.

Fifth Commentary .... (a) Cosmic Order, p. 2 - get the Seven Kingdoms clearly in your mind.

Sixth Commentary .... (b) Secret Exercise for Exalting the Fire, pp. 2-3-4.

This exercise is of the very greatest importance to you, but you must PRACTICE IT.

Eighth Commentary .... The whole of this Commentary.

Ninth Commentary .... (b) Circulating the Light, p. 3.

Tenth Commentary .... "Holy is God, etc.", p. 3.

Twelfth Commentary ... Practice, practice, practice this.

Thirteenth Commentary. Study thoughtfully.

THIS SPACE IS FOR YOUR OWN NOTES

CONGRATULATIONS TO GRADUATE AND PARENTS

should be given with regard to the following three points:  
1. Should be yourself with your family.

GRADUATION



Secondly, you can either go to a graduation party or have your own graduation party.

LASTLY, you can either go to a graduation party or have your own graduation party.

Thirdly, you can either go to a graduation party or have your own graduation party.

Fourthly, you can either go to a graduation party or have your own graduation party.

LASTLY, you can either go to a graduation party or have your own graduation party.

Fifthly, you can either go to a graduation party or have your own graduation party.

Sixthly, you can either go to a graduation party or have your own graduation party.

Seventhly, you can either go to a graduation party or have your own graduation party.

Eighthly, you can either go to a graduation party or have your own graduation party.

Ninthly, you can either go to a graduation party or have your own graduation party.

Tenthly, you can either go to a graduation party or have your own graduation party.

Eleventhly, you can either go to a graduation party or have your own graduation party.

Twelfthly, you can either go to a graduation party or have your own graduation party.

Thirteenthly, you can either go to a graduation party or have your own graduation party.

Fourteenthly, you can either go to a graduation party or have your own graduation party.

(a) Review of the Revitalizing Breath.

I am gratified to hear that these Commentaries are being appreciated by Nobles. I have received more letters during the last few days from Nobles of the Light than ever before in a similar period of time. While it is true that in all occult study the individual student receives precisely that which he is evolutionarily developed to receive, it is expedient that I should counsel you to have a due sense of grateful appreciation of what you are being given in your Commentaries in Mentalphysics. So that this sublime Teaching shall be allowed full play in your own life, you are asked to hold yourself strictly to the spirit of our beloved philosophy. You must have FAITH.

Many of the practices and the exercises - such, for example, as the exercise outlined in The Sixth Commentary - may appear mysterious to you. But I would point out that, using the knowledge that you have, you appreciate that where there is no knowledge there is no mystery ; where there is no Knowledge there is no Love ; where there is no Love there is no Life ; and where there is no Life there can be no service, and service in The Law alone is true growth. Be warned not to allow Mentalphysios to become merely an intellectual pastime or entertainment. Conduct thyself, O Noble, with propriety - guard thy tongue - when false feeling enters into thee, banish it with a strong mental counteraction.

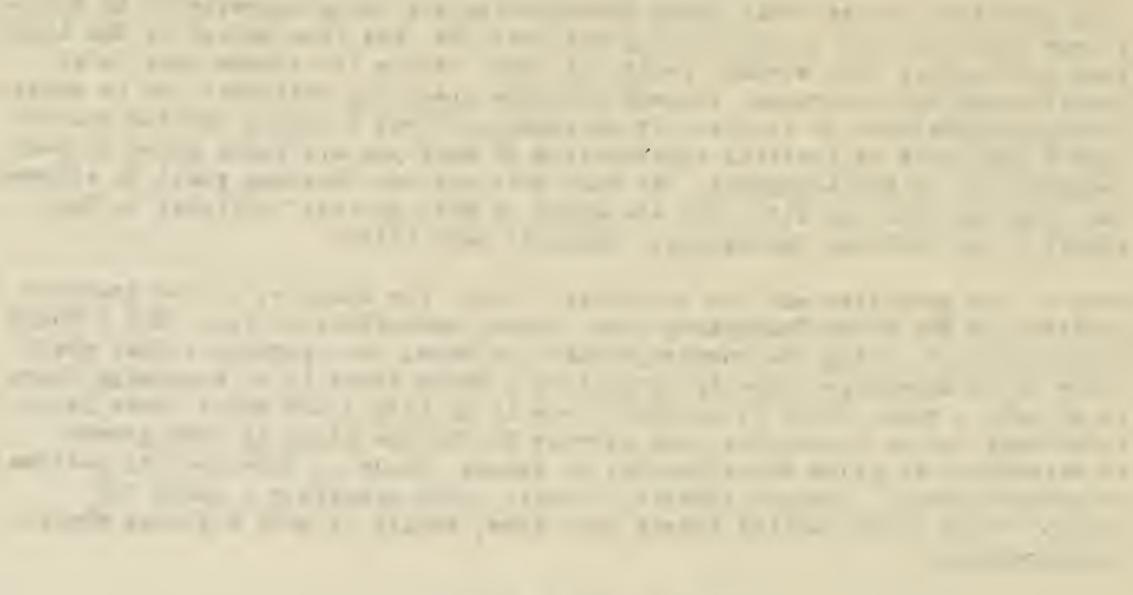
(b) The Way to Attain.

All human progress, whether individual or collective, has been achieved by effort - doing - and all doing has been inspired by aspiration. "Where there is no vision, the people perish." Wherever among men aspiration dies out or effort relaxes, progress slackens, ceases and is followed by retrogression. We find it in nations. So it is with the individual. Right aspiration and its resulting action are the essential conditions of attainment.

I do not mean to preach at you, but I have in my work been compelled to watch human beings for many years. I have seen many students start out well - for the human being is generally a good starter. But how often a man gives up just at the moment when to have kept on would have meant abounding success for him. It is the same with students of the higher things of life. They start. They get to know a little, - they forget that a little knowledge is dangerous, - with a little knowledge they think they know all, - indifference comes, and then often collapse . . . and then they find that they have been playing with fire and have brought themselves into a greater state of confusion than before. Whereas, with the man who rightly aspires, and finally links action to aspiration, he attains.

There is no human life so lowly, so hemmed in by adversity or ill-fortune, so grey and dull, that there is no place in it for right aspiration and no opportunity for real success. On the other hand, there is no life so full with knowledge that there is no place for higher understanding.

THIS SPACE IS FOR YOUR OWN NOTES



ANSWER

"I have been here since the beginning of the year, and I have seen many changes. The first thing that struck me was the lack of organization. The office was a mess, with papers everywhere and no clear system for tracking tasks or projects. This lack of organization made it difficult to prioritize work and keep track of what needed to be done. Another issue I noticed was the lack of communication. There was a general sense of isolation between different departments, and people seemed to be working in silos without much interaction or collaboration. This lack of communication made it difficult to identify opportunities for improvement and to share best practices across the organization. Overall, I think the biggest challenge we face is how to create a more organized and collaborative environment that can support our growth and success."

"I think the first step is to establish a clear vision and mission for the organization. This will help everyone understand what we are trying to achieve and why it's important. Once we have a clear vision, we can start to develop a plan for how to achieve it. This plan should include specific goals and objectives, as well as a timeline for achieving them. It's also important to involve all stakeholders in the process of developing the plan, so that everyone feels like they have a say in the outcome. Finally, once we have a plan in place, it's important to communicate it clearly to everyone in the organization, so that everyone knows what their role is and what they need to do to contribute to the success of the organization."

"I think the first step is to establish a clear vision and mission for the organization. This will help everyone understand what we are trying to achieve and why it's important. Once we have a clear vision, we can start to develop a plan for how to achieve it. This plan should include specific goals and objectives, as well as a timeline for achieving them. It's also important to involve all stakeholders in the process of developing the plan, so that everyone feels like they have a say in the outcome. Finally, once we have a plan in place, it's important to communicate it clearly to everyone in the organization, so that everyone knows what their role is and what they need to do to contribute to the success of the organization."

"I think the first step is to establish a clear vision and mission for the organization. This will help everyone understand what we are trying to achieve and why it's important. Once we have a clear vision, we can start to develop a plan for how to achieve it. This plan should include specific goals and objectives, as well as a timeline for achieving them. It's also important to involve all stakeholders in the process of developing the plan, so that everyone feels like they have a say in the outcome. Finally, once we have a plan in place, it's important to communicate it clearly to everyone in the organization, so that everyone knows what their role is and what they need to do to contribute to the success of the organization."

ANSWER

In this Review we should ask ourselves direct questions; thus:

Am I making of myself all that I can - am I true to my higher self?  
Am I gaining all that I should gain on every plane of life?  
Am I fully and permanently established in Joy?  
Am I obtaining from the world as I know it all that it is capable  
of giving me?  
Am I giving to the Universe all that I can give, knowing that the  
Fourfold Law brings back to me fourfold what I give?  
Am I doing my full share towards the upbuilding of the human race  
in higher understanding of The Law?  
Am I learning all that is necessary for me to know, and am I LIVING  
WHAT I KNOW?

(c) The Cause of Differing Opinions.

He who imagines that it is difficult to learn the inner secrets of the Universe - its fundamental realities, its origin, its cause, its reason, its destiny, or the part which man is called upon to play in its history, is deceived. The darker life looks to any man, the more eagerly should he turn towards the window through which the Light Ineffable that bathes and gives life to the Universe may be seen. The more miserable he appears, the more should he learn Joy - and we know Joy by using it.

But there is much confusion in the world, and there are teachers who arise and, often for their own material gain, essay to teach what they themselves have not been able to demonstrate. There are so many sects and religions, and I wonder whether you have ever sat and simply turned over in your mind WHY there are so many differing views on the simple essentialities of life. We in Mentalphysics know, for we have learned it in such a manner that it is irrevocably rooted in our consciousness, that "from God we come, to God we go," We know that we are never away from God, for we are God in human form. If this is true of you and me, it is true of all human beings. How, then, is there so much confusion of thought - why so many differences in "opinions" - why should there not final and absolute knowledge be the possession of everyone?

I may explain it in this way.

At the time of conception, when the soul gravitates towards body in this first production of herself, she begins to experience a material tumult, that is matter flowing into her essence. This is what Plato remarks in the Phaedo, that the soul is drawn into body staggering with recent intoxication, signifying by this, the new drink of matter's impetuous flood, through which the soul, becoming defiled and heavy, is drawn into a terrene situation. Descending souls first experience intoxication in the descent from the higher vibration of spirit to the lower vibration of matter. Hence oblivion, the companion of intoxication, creeps into the soul. If souls

THIS SPACE IS FOR YOUR OWN NOTES

retained in their descent to bodies the memory of divine things, of which they were conscious before their descent, there would be no dissension among men about divinity, or life. But all, in descending, drink of oblivion, of forgetfulness ; some more, some less. Those who drink lightly of oblivion are marked by their higher powers and their higher understanding - they are the great ones of the earth. Those who drink heavily are urged, in their progress through life, to engage in much discussion and expression of opinion, for this is the urge of the soul to come back again into its own nature.

On this account, though Truth is not apparent to all men on the earth, yet all exercise their opinions about it ; because a defect of memory is the origin of opinion. That is why, in our very first breath in Mentalphysics, we call it The Memory-developing Breath, so that we may so purify the substance of ourselves that the Memory of us (the memory of the Soul) may be awakened - and that brings Knowledge. Those discover most who have drunk least of oblivion, because they more easily remember what they have known before.

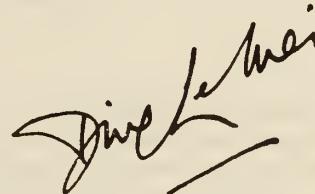
"That which Nature binds, Nature also dissolves ; and that which the soul binds, the soul likewise dissolves. Nature indeed bound the body to the soul ; but the soul binds herself to the body. Nature, therefore, liberates the body from the soul ; but the soul liberates herself from the body. Hence there is a twofold death ; the one, indeed, universally known, in which the body is liberated from the soul ; but the other peculiar to Philosophers, in which the soul is liberated from the body. Nor does the one entirely follow the other."

In Mentalphysics we are learning how we may complete the balance, for we are finding that the body is the instrument for All That Which Is.

I hope that this week will be for you a week of Joy. Next week we shall go into Our Inspirational Breath, and I know that you will give thanks for what is to come.

My peace I give to you.

Sincerely your Teacher, in Fraternal Bonds  
of Joy and hope.



Written in Faith at  
Los Angeles, California, U.S.A.

End of The Fourteenth Commentary,  
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



OM MANI PADME HUM

# The Inner Chamber of the Science of Mentalphysics



THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE.  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

**15**

## "THE FIRST RETROSPECT" (two)—Life—One, Indivisible, Eternal; Principles of Esoteric Chemistry.

### Breathing Exercises for the Week :

1. You are advised to have a week of relaxation. Do no physical breathing, so that you will be able to see whether you feel any sense of loss. We must gradually wean ourselves from physical breathing - rather, we must know that we have trained ourselves properly to breathe, so that full physical breathing will become automatic with us. If you feel that you miss something through not carrying out your breathings, then you will have learned that you have not yet builded into your consciousness full breath control.
2. Take the Healing Breath - refer to your Twelfth Commentary. Do this twice each day, morning before breakfast, and as soon after sundown as possible.

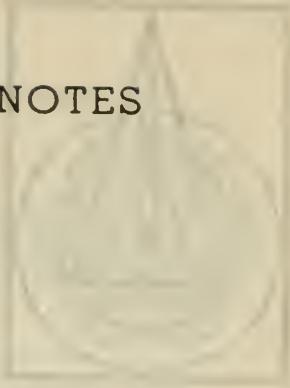
My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

If you have carried out instructions given in your Fourteenth Commentary, you will have put yourself through an examination, so to speak, and will have crystallized in your mind what you have been learning. This week you should just let down . . . just let yourself go. Take a holiday from your study. See friends. Go out a good deal. Live what others would call a "normal life." In this way you will be able to arrive at a conclusion of the progress you have made.

In these Commentaries we have been going rather fast, and, though some are more faithful than others, the fact that you even read these Commentaries every day or a few times each week, is probably proof to you that you are gradually absorbing some of life's deepest secrets. Nevertheless you must never cease to practice, but we must not be in the slightest degree unbalanced. "He who recognizes his Light, but remains in the Dark, he is the model of the world." In Mentalphysics the principal idea I try to convey to students is that we must be practical in all things.

THIS SPACE IS FOR YOUR OWN NOTES



In my work as a Teacher, I often meet people who "know" a great deal. They can talk most glibly about various phases of philosophy, but they do not live LIFE. WE are life. We are not thinking machines that merely think about life, but, on all planes of our being, we are so constructed through our experience as to be fitted for LIVING.

(a) A Simple Illustration.

I repeat that YOU ARE LIFE. But what IS life? You cannot tell, nor can I ; but we may come to KNOW LIFE by really LIVING.

We know, of course, that the "atmosphere" in which we all live and move and have our being through breathing is chemical activity (or chemical substance). Every particle of this substance, no matter how minute, possesses in itself some degree of Intelligence, and that Intelligence is what the world calls God. Just as the "atmosphere" (Prana) is everywhere, so we can see that God is everywhere, and so we see why, all down through time, men have declared that God is all-wise, all-knowing. There are millions of people who have not learned and come to know what through learning we have come to know. They think still that God is separate, but we in Mentalphysics KNOW that God is within us, and that you and I are the Creator in human form. We know it through many mental conceptions. And, no matter from what angle of understanding we approach this Truth of Truths, we know that God the Supreme, is one indestructible substance - chemical substance, if you will.

This new knowledge allows us to rest and think. We see that we have eternity before us - for we are eternal NOW. We did not know what life meant ; we did not know what death meant ; we did not know what God meant. Now that we know that the whole Universe is one great chemical laboratory, we see that if the substance of life is God, and if everything is made out of this one substance, the idea of spirit and matter, or any other number of substances, is obliterated from our minds for ever. We know that there is but One.

Take your own breath: The air is invisible. It cannot be seen, touched, handled. Yet it is THE substance which is used by every living thing in the Universe. I remember when I first came to understand somewhat of my own breath, I used to think in this way ; "Suppose every person on earth were trained in deep breathing. Suppose it were possible to train every other living thing in deep breathing. Suppose that at some given moment of time, every living thing were to take a deep, deep breath, with the idea of taking in every bit of air possible to inhale . . . Would it be exhausted? Would it be changed in any way?"

Of course, you can see that it CANNOT be changed, for immediately upon the exhalation your breath again becomes part of the universal air. Then all the breathers use it over and over again as it is inhaled and exhaled. Therefore, Breath being LIFE, your breath becomes my Life, and my Life becomes your Breath. That is, my chemical energy becomes yours, yours becomes mine. ". . . in Him we Live and move and have our being."

It is a great thought, and you will be well advised to think upon it.

(b) The Intangible Life.

Having this simple thought in mind, knowing that the Substance of Life (or God) is chemical Substance, then HOW CAN DEATH BE A PART OF THE PLAN OF LIFE? If there were Death, then how could one pass through the experience called Death and the others go on living -- if there is the ONE Indivisible and Eternal?

THIS SPACE IS FOR YOUR OWN NOTES

100% of our time and effort is spent on the production of new products and services. We have a strong focus on innovation and research and development. Our products are designed to meet the needs of our customers and to stay ahead of the competition. We believe in the power of technology and its ability to transform industries. We are committed to providing our customers with the best possible experience and to creating a positive impact on society. We are always looking for ways to improve our products and services, and to find new opportunities to grow our business. We are a dynamic and forward-thinking company, and we are excited about the future.

This document is a summary of our company's mission statement. It outlines our core values, our commitment to innovation, and our focus on customer satisfaction. We believe that by staying true to our mission, we can continue to grow and succeed in the future. Thank you for your interest in our company.

Death is a man's own doing. He simply ceases to breathe in that in which he lives and moves and has his being. He simply has failed to keep himself sufficiently positive to continue to breathe - to continue to take in the air or chemical substance, which is Life and which is God. The air - the chemical substance - God - the Creator - call it what you will - is the same yesterday, today and for ever. THAT was not changed simply because one person stopped using it.

We may extend this idea ad infinitum, to show that "Death" is simply the Law of Cause and Effect. You may think of ANYTHING, as a matter of fact, and subject it to your own analysis, and you will find the same kind of conclusion naturally comes into your mind.

Take THOUGHT, as another example : A thought cannot be seen. It is invisible and intangible. I know that you can see the EFFECT of thought, the same as you can see the effect of LIFE, but you cannot SEE thought and you cannot SEE Life. Take Love - and Joy - and Peace - and Strength, and so on, and so on. Thought can neither be seen, nor handled, nor tasted, but we students in Mentalphysics KNOW that it is chemical in its nature. You may remember that story I told about the woman who, watching a fight, and then getting into the fight in a wordy manner, so that she became literally on fire with rage, poisoned her child as it suckled at her breast - the effect of the chemistry of THOUGHT.

The influence of a thought produces an effect which corresponds EXACTLY to the chemical nature of the Thought Itself. When we have learned this, so that we can say that we KNOW it (can DEMONSTRATE IT), that is all that we have to learn.

How beautiful to know that, through our practices with BREATH - our beautiful wonderful Breath - we are coming to KNOW this Chemical Substance . . . we are coming to KNOW GOD, THOUGHT, LIFE. Thought Chemistry is revealing to us that thinking makes us what we are. Thinking makes ALL what it is.

### (c) Esoteric Chemistry.

You see, therefore, that God's creative compounds are constantly forming a new race. YOU may now consider yourself to be a member of the New Race, you are a builder of the New City. We emphasize in Mentalphysics the importance of bodily fitness, and we have come to know that the "body" is a very different thing from what we have always thought it to be. We see the REAL meaning of the Body in our own Spiritual Breath. We see the need for all of us who desire rejuvenation (which means regeneration) of the physical body to strive by every means to build new tissue, nerve fluids and brain cells, constructing "new bottles" for the "New wine." The word "wine" in the scriptural sense means blood, and blood is the wine of life.

The parable of the turning of the water into WINE at the marriage at Cana of Galilee has a much deeper meaning than we generally believe, for Jesus did not only mean that he was able to turn the fluid water into the fluid wine for the satisfying of the essentially physical needs of human bodies. This incident is explained by the late Dr. George Washington Carey (a great soul, unrecognized in his time) thus:

"Galilee means a circle of water or fluid - the circulatory system.

"Cana means a dividing place - the lungs. (In the Greek, a "place of reeds", or cells of lungs that vibrate sound.)

"Biochemists have shown that food does not form blood, but simply furnishes the mineral base by setting free the inorganic or cell-salts contained in all

THIS SPACE IS FOR YOUR OWN NOTES

foodstuff. The organic part, all fibrin, albumen, etc., contained in food is burned or digested in the stomach and intestinal tract to furnish motive power to operate the human machine and draw air into lungs, thence into arteries ; i.e., air carriers. Therefore, it is clearly proved that air (spirit) unites with the minerals and forms blood, proving that the oil, albumen, etc., found ~~in~~ blood, is created every breath at the "Marriage of Cana in Galilee."

"Air was called water or pure sea, viz., Virgin Mary. So we see how water is changed into wine - blood - every moment."

In the new age that is dawning for you and me, we shall need perfect bodies to correspond with the higher vibration - or the new understanding - or the new thought power - or the new God that we have found - or the Life that we are coming to understand - or the new Heaven that we are building. To the "intellectualist" it may appear to be very complicated, but when we recognize only THE ONE . . . and know that you and I are that in human form . . . it is blissfully simple. And we can only Give Thanks!

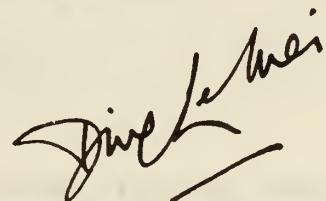
We are beginning to see a "new Heaven and a new Earth" - A NEW MIND IN A NEW BODY.

This week let your thought rest in bliss upon these things. Be happy. Know that all that there is is within you. That you are able to increase its vibration. That being happy is a vital principle which is the food of Life Itself.

I am grateful that I can write to you like this. I wish that it were possible for me to get closer to you, but, though in many instances, we have never met, Teacher and Pupil, we KNOW that we are bound by that indissoluble bond of Harmony and Love and Life and God that naught can disturb. Know that at The Institute, no matter where you may be, we are close to you, and we desire, above all else in life, to bring Light to you upon The Path. Be happy and Give Thanks. Praise the Wondrous Spirit within all living things that we have indeed met in this way.

My Peace I send to you.

Sincerely your Teacher, in Fraternal Bonds  
of Joy and hope.



Written in Faith at  
Los Angeles, California, U.S.A.

End of The Fifteenth Commentary,  
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

1. John will... will work on the new software and will be available to help you with your project.

2. John will... will work on the new software and will be available to help you with your project.

3. John will... will work on the new software and will be available to help you with your project.

4. John will... will work on the new software and will be available to help you with your project.

5. John will... will work on the new software and will be available to help you with your project.

6. John will... will work on the new software and will be available to help you with your project.

7. John will... will work on the new software and will be available to help you with your project.

8. John will... will work on the new software and will be available to help you with your project.

9. John will... will work on the new software and will be available to help you with your project.

10. John will... will work on the new software and will be available to help you with your project.

John will... will work on the new software and will be available to help you with your project.

John will... will work on the new software and will be available to help you with your project.



John will... will work on the new software and will be available to help you with your project.

John will... will work on the new software and will be available to help you with your project.



OM MANI PADME HUM

# The Inner Chamber of the Science of Mentalphysics

THIS LESSON IS FOR YOU . IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

## COMMENTARY

## 16

### "THE INSPIRATIONAL BREATH" (one)—The Source of Inspiration—The Result of Inspiration—Awakening the Sacred Fire Within Thyself; The Great Primordial Principle.

#### BREATHING EXERCISES DURING STUDY OF THIS COMMENTARY:

1. Each morning breathe The Inspirational Breath. Breathe it three times to seven times, but let there be no strain. (Stand in the same place each morning, and as you commence the Breath see whether you can feel the vibration coming to you through your feet. You should be able to go into your room in the dark, and by feeling with your feet, know that you are in the exact spot that you breathed before.)
2. As near to noon as possible, breathe The Inspirational Breath twice.
3. As near after sundown as possible, breathe the Inspirational Breath twice.

(Read note on p. 1 of The Ninth Commentary below Par. 3 of Breathing Instructions.)

---

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

If you will turn back to The Ninth Commentary, you will find that seven weeks ago you started the "Melting" Process. What progress you have made towards the realization of this you will be able to judge ; but I daresay that if you have faithfully pursued your work you will feel (a) in the physical body, a lighter feeling, as if the substance of the body is lighter than it used to be, that you are able to turn and move more rapidly, but that the feeling of physical coordination is something that comes from within - this is difficult for me to explain to you, but I daresay that you will have experienced it and so know what I mean ; and (b) in the mind also, a feeling of lightness - light as from the sun, whereas the feeling physically is one of lightness from the point of view of weight.

While it is true that in all occult study the individual student receives precisely what he is evolutionarily able to receive, it is expedient that I should

THIS SPACE IS FOR YOUR OWN NOTES

and signatures to capture who is

in your audience  
and what they are  
thinking about you.

and by yourself. You can also add your own notes  
with action you want to take or record  
anybody's follow-up contact information.

and anything else you want to add.

counsel you to appreciate what you are being given at this stage of your development. So that this sublime Teaching may be allowed full play in your life, you are asked to hold yourself strictly in the spirit of our beloved Mentalphysics at all times. Be warned not to allow Mentalphysics to become merely an intellectual pastime or entertainment. Conduct yourself with propriety and decorum - guard thy tongue - when false feeling enters into thee banish it by a strong mental counteraction (but better to not let it enter).

(a) The Source of Inspiration.

I want you, my Beloved, to always remember that Mentalphysics is a science of DOING. As your Teacher I naturally wish to take you as fast as you can go, but you have noticed in life that we rarely retain much of what we read. We learn only by DOING, and that is the only way that we can learn. Whenever you feel that you know something, be assured that your knowledge is not complete. Completeness of knowledge is proved only in doing, and when doing becomes entirely unconscious on our part then we may say that we know ; though at that time there is no need for us to make any claim, for the fact of our doing is proof of the knowing. We are known by our works.

So that you are urged to LIVE WHAT YOU KNOW. When we do not the thing, the mind lets go the idea, and we lose the power. For example, at one time I was regarded in China as the leading economist of the country, and I suppose that I was. I was able to quote at will almost any fact regarding China's economic development - figures and facts were well stored in my mind, and I was daily using them. In later years, with changed environment and changed activity, I did not USE the facts that were stored in my mind, with the result that I am not now familiar with those facts as I used to be . . . the mind, because I did not use the facts, let them go. "That which Nature binds, Nature also dissolves."

Therefore, do not store your mind only. Let that which you are learning and have learned remain with you - BY DOING IT . . USING IT DAILY . . LIVING WHAT YOU KNOW.

We go on a step further with the present Commentary.

Having passed the Memory-developing Breath and the Revitalizing Breath, and having been introduced to the method by which we charge ourselves with The Light in every cell of our body . . . and having come to the Secret Place of the Most High, so that we may learn successfully to "MELT" and then later to "MIX", we shall now pass on to the means by which we go from the terrace into the first Outer Chamber of the Mystery of Mysteries in the Inspirational Breath. Let us now reverently penetrate its secret.

Let us quickly run through the physical side of the Breath. As a purely physical exercise, it stands supreme . . the body placed into perfect coordination as explained and learned in earlier Lessons ; then bringing up the arms, with the buttocks anchoring the body, raising the arms straight up and gently tensed above the head, the right thumb under the left thumb, the two forefingers touching, making the Triangle . . then the retention of the breath with the buttocks firm, . . then the exhalation in four small emissions of breath, . . then the gradual coming down process into complete relaxation into that sublime meditation :

"MY BODY . . I thank Thee, Lord, for My Body.  
"MY BODY . . the transcendently beautiful, the infinitely intricate, but the most gloriously accurate instrument in this Universe.

THIS SPACE IS FOR YOUR OWN NOTES

"MY BODY . . .the Temple of the Living God, the Temple of the God that lives within me, that is alive within me, "And I pledge myself, I VOW, that from this moment henceforward nothing that I shall eat or drink, nothing that I shall do or say or think shall injure or abuse this Temple of the Living God, MY BODY."\*

\* In the meaning of "My Whole Body" in the sense of Your Own Spiritual Breath.

(b) The Eternal Light.

Had I taught you in this way at the start of your teaching, before you had come to the point where you could see The Light and "melt" it and "Mix" it, you would still have been in the darkness, for you would not have known the inner truth of YOUR WHOLE BODY. In your Inspirational Breath, you commence the "mixing" process. You have found The Light. You have started the Circulation of The Light. You have, if you are wise, found that when in the Silence you find The Light, all the powers of the body (and the Mind) arrange themselves in perfect order to do the work, for you have learned THAT THE LIGHT SHINES OF ITSELF. In our Inspirational Breath we come nearer to the knowledge of what I will call the "Mixing Process." That is, we have approached the Throne. The Memory-developing Breath and the Revitalizing Breath have brought us into some sort of quiescence and we stand before The Throne of God, feeling the first faint rays of the Golden Light . . . we stand enthralled, we are fired with the Light of our Imagination, and inspired to go on beyond this first step.

And the result is our Inspirational Breath. Even physically, he who has not a body straight, and strong and supple cannot properly accomplish this Breath physically. But you have mastered the Breath. You have been raised to a higher vibratory force within yourself as a consequence, fascinated with what you have so far learned. You are inspired to undertake further work to unlock within your own being the hidden springs of Life Eternal. So we revel in our Inspirational Breath.

As we take in the Breath of Life in deep inhalations, we commence the upward movement, building into ourselves as we go our very highest thought.

In our early Lessons we were counseled to place into our Triangle (formed when we place our right thumb over our left thumb in the full position, with our arms upraised) "Success for Mentalphysics" . . . a simple exercise that trains the mind to hold the picture in visualization. We visualize what we want. As we visualize, so we create. The more truly unselfish and impersonal our desires the greater the benefit accruing to us - for, whether we know it or not, the Four-Fold Law (to a knowledge of which we arrive when we reach our own Spiritual Breath) works in every department of life. So in putting "Success for Mental-physics" into our Triangle, we declare that The Light may be made manifest in greater numbers of human beings like ourselves . . . in short, that MY WHOLE BODY may be filled with Light. In this way we are quickening the Light That Is In Every Living Thing, though we may not be conscious of it, and though the knowledge of it as yet might conceivably cause us to cringe from its mighty power. AND AS WE SEE THE LIGHT IT QUICKENS US.

## THIS SPACE IS FOR YOUR OWN NOTES

1. The first step in the process of writing a book is to decide what you want to say. This decision should be based on your own personal experiences and interests. You should also consider the needs and interests of your intended audience. Once you have decided what you want to say, you should begin to write. You can start by writing a rough draft, which you can then revise and refine. It is important to keep in mind that writing is a process, and it is not something that can be done overnight. You should take your time and allow yourself to fully develop your ideas. You should also be open to feedback and suggestions from others, as this can help you to improve your writing. Finally, you should be patient and persistent, as writing a book can be a long and difficult process.

2. The second step in the process of writing a book is to research your topic. This involves gathering information from various sources, such as books, articles, and interviews. You should also consider the needs and interests of your intended audience, as this can help you to focus your research. It is important to be thorough and accurate in your research, as this will help you to produce a well-informed and informative book. You should also be aware of the different types of research methods, such as qualitative and quantitative research, and choose the most appropriate method for your topic.

3. The third step in the process of writing a book is to plan your book. This involves creating a outline, which will help you to organize your thoughts and ideas. You should also consider the structure of your book, such as the introduction, chapters, and conclusion. It is important to be organized and structured in your planning, as this will help you to produce a well-organized and well-written book. You should also be aware of the different types of book structures, such as linear and non-linear structures, and choose the most appropriate structure for your topic.

4. The fourth step in the process of writing a book is to write your book. This involves putting your ideas and research into words. You should also be aware of the different types of writing styles, such as narrative and descriptive writing, and choose the most appropriate style for your topic. It is important to be creative and expressive in your writing, as this will help you to produce a well-written and engaging book. You should also be aware of the different types of writing techniques, such as metaphors and analogies, and use them effectively to enhance your writing.

5. The fifth step in the process of writing a book is to edit your book. This involves reviewing your book and making changes to improve its quality. You should also be aware of the different types of editing, such as proofreading and copyediting, and choose the most appropriate type for your book. It is important to be critical and objective in your editing, as this will help you to produce a well-edited and polished book. You should also be aware of the different types of editing software, such as Microsoft Word and Google Docs, and use them effectively to facilitate your editing process.

6. The sixth step in the process of writing a book is to publish your book. This involves finding a publisher or self-publishing your book. You should also be aware of the different types of publishing options, such as traditional publishing and self-publishing, and choose the most appropriate option for your book. It is important to be proactive and strategic in your publishing process, as this will help you to reach your intended audience and achieve your goals. You should also be aware of the different types of publishing contracts, such as traditional contracts and self-publishing contracts, and understand the terms and conditions of each.

7. The seventh step in the process of writing a book is to promote your book. This involves marketing your book and reaching your intended audience. You should also be aware of the different types of marketing strategies, such as social media marketing and traditional marketing, and choose the most appropriate strategy for your book. It is important to be creative and innovative in your marketing, as this will help you to stand out and reach your audience. You should also be aware of the different types of marketing tools, such as book trailers and book reviews, and use them effectively to promote your book.

8. The eighth step in the process of writing a book is to receive feedback and suggestions. This involves seeking feedback from others, such as peers, mentors, and editors, and using it to improve your book. You should also be aware of the different types of feedback, such as positive and negative feedback, and choose the most appropriate type for your book. It is important to be open and receptive to feedback, as this will help you to grow and improve as a writer. You should also be aware of the different types of feedback mechanisms, such as email and messaging apps, and use them effectively to facilitate your feedback process.

9. The ninth step in the process of writing a book is to reflect on your experience. This involves reflecting on your writing process and what you learned along the way. You should also be aware of the different types of reflection, such as journaling and self-reflection, and choose the most appropriate type for your book. It is important to be honest and transparent in your reflection, as this will help you to gain insights and lessons from your experience. You should also be aware of the different types of reflection tools, such as notebooks and digital devices, and use them effectively to facilitate your reflection process.

10. The tenth step in the process of writing a book is to continue writing. This involves continuing to write and improve your skills, as well as exploring new topics and genres. You should also be aware of the different types of writing projects, such as short stories and non-fiction books, and choose the most appropriate project for your book. It is important to be persistent and dedicated in your writing, as this will help you to achieve your goals and become a successful writer. You should also be aware of the different types of writing resources, such as writing workshops and online courses, and use them effectively to facilitate your writing process.

"He that eateth my flesh and drinketh my blood abideth in me, and I in him ; so that he that eateth me shall have Life because of me, . . . for as the Father (Primordial Principle) hath Life in Himself, even so gave He to the Son also to have Life (the Living Light) in Himself."

In our Inspirational Breath, we are inspired to right aspiration, and wise is he whose aspiration is focussed on the "melting" that leads to the "mixing".

(c) The Sacred Fire is Thyself.

This is our Second Step. We aspire to right thought, to right action to right speech (the right use of The Word that is made Flesh), to right being, and when the Aspirant decides upon True Aspiration, and in his Inspirational Breath realizes that he has met his spiritual guide, it becomes one of the most dramatic moments of his life. Practising this Breath, we find ourselves becoming responsive to high ideals, receptive to great and illuminating thoughts, eager for right guidance, willing to loyally work along through the shadows of the foot-hills to the sacred mountain of the Fire of the Creator.

The Fire is locked up within each one of us, as it is in Every Living Thing.

We find an example of this in a piece of flint. The Fire is not seen, nor does it appear until it has been stirred up by friction or motion . . . through pressure from without . . . to awaken the Fire within. So the Fire in which is placed the sacred Majesty of the Creator, is not moved until it is stirred up by the proper Will - the thought and action - of the Most High. Whatever the Creator is, Thou Art! And it is in your Inspirational Breath that you must in right aspiration be moved to discover the power that will enable you to stir up the hidden Fire of the Universe, which is THYSELF.

We shall return to this idea in our next Commentary. This week think on the Fire of Life. Think of your sunrise. Think of the Sun behind the Sun. Think of your own Breath. Think of your own Love. Think of all Life from the point of view of the Fire of the Center.

Be happy, and give thanks. My peace I send unto you.

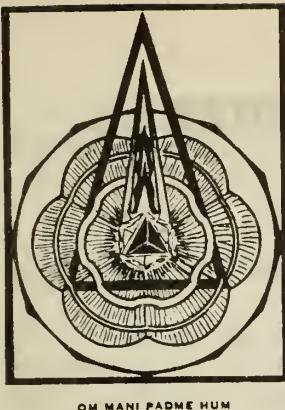
Sincerely your Teacher, in Fraternal Bonds  
of Joy and hope.



Written in Faith at  
Los Angeles, California, U.S.A.

End of The Sixteenth Commentary,  
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



# The Inner Chamber of the Science of Mentalphysics



THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

**17**

"THE INSPIRATIONAL BREATH" (two)—(a) Breath—The Wind of Wisdom; (b) Breath—The Fire of Life; (c) Breath—The Vital Experiment; (d) The Fear of the Lord—That is Wisdom.

BREATHING EXERCISES DURING STUDY OF THIS COMMENTARY :

1. Each morning breath The Inspirational Breath silently - that means, sit in the attitude of Meditation, and go through your Breath in your mind only. Imagine that you are breathing physically, and that you feel the full sensation as in the physical breath, but that instead of feeling the sensation of the rush of breath into the nostrils, you imagine that the breath is coming into every part of your body . . that you are breathing through your skin, through your bones, through every part of your body. GET THE SAME FEELING AS YOU DEVELOPED IN BREATHING THE MEMORY-DEVELOPING BREATH in The Third Commentary.
2. If you feel that you wish to breathe The Inspirational Breath physically, breathe it only for its physical effect.

---

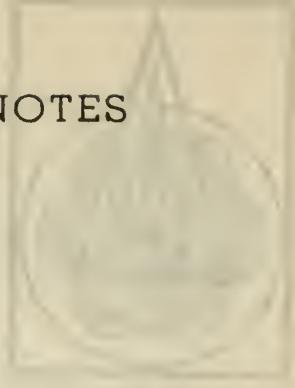
My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

The whole doctrine of Mentalphysics - as indeed of all spiritual science - is nothing else but an instruction to show how you may create a Kingdom of Light within yourself. "He in whom this spring of divine power flows, carries within himself the divine image and the celestial substantiality. In him is Jesus born from The Virgin, and he will not die in eternity."

In Mentalphysics we seek WISDOM. Wisdom is not a knowledge referring to any external thing, but the understanding itself. It is comparable, as we have learned, to the Sun, that has his own Light, and is the Light itself, independent of any object upon which it may shine ; but man's science is like the Moon, whose light has been borrowed from the Sun. Last week you were asked to think in the study of The Sixteenth Commentary on the Fire of Life, and of your sunrise, and of the Sun behind the Sun, of your own Breath, of your own Love . . of all Life from the point of view of the Fire of the Center. In this Commentary we will proceed from that point.

THIS SPACE IS FOR YOUR OWN NOTES



"The Fire is locked up within each one of us," it was remarked in your last Commentary, "as it is in Every Living Thing."

(a) Breath - The Wind of Wisdom.

And when this Fire is found - what a perfect movement within!

"Fire," says the adept philosopher, "is the purest of all the Elements, and its Substance is the finest of all." The Spirit of You is YOU. You may rest quiescent, may pass from incarnation to incarnation, with only the Fire smouldering and the Flame scarcely a-flicker. But, if thou wilt, thou shalt in thy majesty of Creative Power, learn how to trace the Fire, to fan the Flame, to find the Light, and to order thy Being in perfect harmony with the DIVINE MAJESTY OF TRUE BEING . . . constantly fanning the Living Flame so that the Living Fire may gradually bring out the Fire of THEE, the pure and worthy substance of THYSELF.

Thus in this wonderful revelation of the BREATH of Us, the WIND OF WISDOM, do we aspire in right learning and right action to enter the Mysteries.

My Beloved, you are reading what I have written - do you understand precisely what I mean, and can you read what I would say . . . only it cannot be said? Such things cannot be understood by the multitude, and I charge thee, as thoughts come to thee as a result of thy thought upon THE FIRE, to go further and further towards the sacred seat of the Temple of Thine Own Spirit, and there commune with The Creator Within Thee . . . and happy art thou if, fortunately, thou art able to perceive the Fire (thy Breath) carrying on the "Melting" and the "Mixing" within thee. Once understand the inner meaning of these Commentaries, and you will be released from the conflict of opinions and possess Self-Knowledge, but, as a matter of course, this is not to be accomplished by the mere reading, but by the Living Power. Let us together watch for the Living Power.

I am sure that the zealous student has found that the Breath - his own Breath - has led him to the Fire. At first in your practice, the Breath IS the Fire. But as I write I feel a peculiar impotency to shape sentences that perfectly convey the meaning of my mind. For the simple reason that these writings transcend the horizon of intellectual reasoning, and their interior meaning cannot be grasped by speculation and argumentation. It requires the mind to be in a God-quality state, illumined by the Spirit of Truth. I can only quote these words to show what is in my mind : "If any one desires to follow me in the science of the things whereof I write, let him follow rather the flights of my soul than those of my pen."

(b) Breath - The Fire of Life.

So let us practice. When you have come to this point, lie down . . . rest . . . be still . . . watch your Breath. You notice, do you not, that at the start of the watching your breath is hard and heavy. Watch it, and it gets lighter, so that there is a full even flow of breath coming in and going out of the body, and this brings a sensation of physical repose.

Watch more closely. Forget the Breath of the physical body, and feel that you are breathing with your Mind . . . the physical hardness will disappear - the Breath will become sweet in the nostrils - it will seem to stop - and though you are breathing quite as fully (that is, the sensation of repose and restfulness is quite as strong) you will not seem to be breathing at all . . . you will have come to the Inward Breathing.

THIS SPACE IS FOR YOUR OWN NOTES

Watch this Inward Breathing. Place your hands on your abdomen. You notice that there is scarcely any movement - you seem not to be breathing at all, yet there is not the slightest feeling that you are retaining the Breath in the body or keeping it out of the body. Watch more closely still, and feel bent to Meditation, and you will notice that you are actually not breathing at all . . . though the fact that you use some Mind Substance to notice this will probably cause the Breath to become physical again.

I wonder whether you will see what I mean. Try this, and it will be revealed to you. These things are hard to teach, hard to learn, hard to live. When this great internal revelation takes place, then is error destroyed and the internal senses are opened to the direct perception of Truth. There will then be no more need for you to draw conclusions in regard to such unknown things, because the Spirit of You will perceive that which belongs to its sphere in the same sense as a seeing person sees external things. The commencement exercise is the recognition that your Breath is the Wind of Wisdom, leading you on to the fact that your Breath is the Fire Itself, leading you on to the fact that, as the Light from the Fire is fanned, your Breath dissolves itself, and you find that the Fire is WITHIN YOU -- THAT YOU YOURSELF ARE THE FIRE, which has to be exalted by you in right living and right contact with Every Living Thing.

This is the beginning of the manifestation of God - the Creator - THAT WHICH IS - as the principle of Fire and the principle of Light, indivisible, indissoluble, the same and yet not the same. The Fire is a principle, and also the Light which is born from the Fire, but which nevertheless is not a quality of the Fire, but has a Light of its own. "He who recognizes his Light, but remains in the Dark, he is the model of the world."

#### (c) Breath - The Vital Experiment.

Now, My Beloved, in Mentalphysics we have started the Vital Experiment. We seek the Pure Gold of the alchemist. "Surely, there is a vein for the silver," says Job, "and a place for the gold, where they may find it, Iron is taken out of the earth, and brass is molten out of the stone. As for the earth, out of it cometh bread, and under it is turned up as it were FIRE. And the stones of it are the place of sapphires ; and it hath dust of gold. There is a path which no fowl knoweth, and which the vulture's eye hath not seen ; the lion's whelps have not trodden it, nor the fierce lion passed by. He putteth forth his hand upon the rock. He overturneth the mountains by the roots. He cutteth out rivers among the rocks ; and the eye seeth every precious thing. He bindeth the flood from overflowing ; and THE THING THAT IS HID BRINGETH HE FORTH TO LIGHT."

"But where shall Wisdom be found? And where is the place of understanding? Seeing that it is hid from the eyes of all living, and kept close from the fowls of the air. God understandeth the way thereof. For he looketh to the ends of the earth, and seeth under the whole heaven ; to make a weight for the winds ; and He weigheth the waters by measure. When he made a decree from the rain, and way for the lightning and thunder, then did he see it and declare it ; He prepared it and searched it out.

"And unto man, He said : Behold, the fear of The Lord, that is Wisdom ; and to depart from evil is understanding."

Thus have we - and we Give Thanks - started on The Path that leads to Wisdom, and in our own Inspirational Breath, we go one step further towards the stirring-up of that Divine Fire of Wisdom before which all must bend the knee . . for the

THIS SPACE IS FOR YOUR OWN NOTES

Divine Fire within thee is Love, and God is Love. Let us learn, then to rest, seeking the Fire within our own hearts, treading, inspired, with firmer feet the Path of Right Aspiration in that glorious Action that leads to the haven of a more glorious Non-Action, whence Wisdom comes.

(d) Let Us Give Thanks,

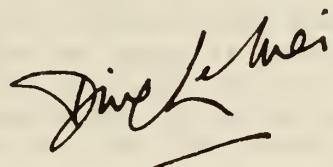
During my stay in Tibet I saw much more than I am able to talk about in relation to the Breath. It seems to me a great pity that our English word "Breath" does not more clearly portray the real meaning from the Oriental point of view. Breath is literally FIRE.

Many a time have I seen men sitting stark naked in the snow, melting with the Fire of their Life (through their physical bodies) the ice and snow around them. I have seen men sitting on the frozen ground, nude, while other men broke the ice, dipping heavy wool blankets into the water and wrapping them around the experimenters, who would dry them with the developed heat (Fire) of their bodies. They had "exalted the Fire", and this was the very practical manner in which they proved that they were doing what they claimed to be doing - living what they were learning.

Thus the initial steps of the "Melting" process ; but we have found a better way.

Be happy this week. Send to the Institute all your Love and help on Mentalphysics as much as you can. Regard it as a joyful duty to help in any way that you can, and the reward will come fourfold back to you. My peace I send unto you.

Sincerely your Teacher, in Fraternal  
Bonds of Joy and Hope,



Written in Faith at  
Los Angeles, California, U.S.A.

End of The Seventeenth Commentary,  
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

August

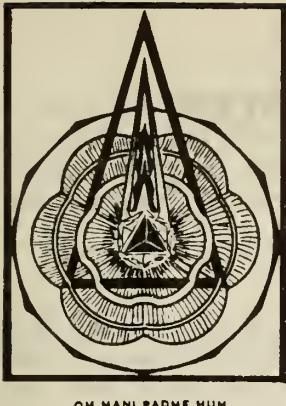
Went to the beach Saturday morning. Spent time with friends. Went to the beach again Sunday morning. Spent time with friends. Went to the beach again Monday morning. Spent time with friends. Went to the beach again Tuesday morning. Spent time with friends. Went to the beach again Wednesday morning. Spent time with friends. Went to the beach again Thursday morning. Spent time with friends. Went to the beach again Friday morning. Spent time with friends. Went to the beach again Saturday morning. Spent time with friends.

Spent time with friends Saturday afternoon. Went to the beach again Saturday evening. Spent time with friends. Went to the beach again Sunday evening. Spent time with friends. Went to the beach again Monday evening. Spent time with friends. Went to the beach again Tuesday evening. Spent time with friends. Went to the beach again Wednesday evening. Spent time with friends. Went to the beach again Thursday evening. Spent time with friends. Went to the beach again Friday evening. Spent time with friends. Went to the beach again Saturday evening. Spent time with friends.



1968  
August 20

1968  
August 21



OM MANI PADME HUM

# The Inner Chamber of the Science of Mentalphysics



THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

**18**

"THE INSPIRATIONAL BREATH" (three)—True Regeneration—  
Introduction to New Technique; Consciousness is Matter Played  
upon by Force; Basis of Evolution of Consciousness.

BREATHING EXERCISES DURING STUDY OF THIS COMMENTARY:

1. Breath the Memory-Developing, the Revitalizing and the Inspirational Breaths (physically) twice each, every morning, and once each as soon after sundown as possible.
2. As you go through your Breathings, hold the picture before your eyes of your sunrise (you have your own ideas and recollection of your sunrise - think of the different coloring, the gorgeous shafts of light of pure gold, and so on.) If you have not a picture of the sunrise deeply implanted in your Mind, then get up one or two mornings, and watch the sunrise in silence, with the definite idea that you are thus etching it into your Memory, that you can bring it back at any moment anywhere - that you can see the Light, that you can feel the Heat, and that you can imagine all that glorious activity within the Sun, and can even sense the Force behind the Sun (the "Sun Behind the Sun.")
3. In your Breathings hold the conviction that you will not allow a single negative thought to enter your mind during the whole of the week, but that your consciousness shall be flooded with the Light as you know it in your sunrise. Be very definite about this throughout the week.

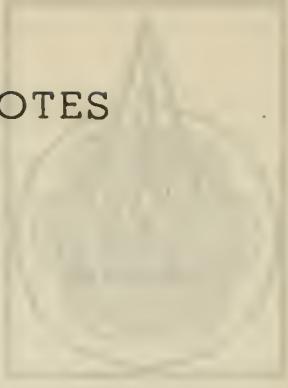
---

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

I often wish that it were possible for my whole student-body in The Inner Chamber to attend our meetings in the sealed Chamber which meets at eight o'clock (Pacific Standard Time) on Thursday evenings. In the nature of the case, mouth-to-ear teaching is more effective in advanced technical work, though the Commentaries are all-satisfying to the zealous student from the point of view of his own spiritual work. My suggestion is that you endeavor to make Thursday night YOUR night. I suggest that you allow nothing to interfere with it, and that you make Thursday night the time that you truly belong to yourself. Thus shall I

THIS SPACE IS FOR YOUR OWN NOTES



be able to feel you near to us at The Institute, and you will know that the vibration of love and wisdom goes directly to you. Remember, then, Thursday is your own night. Whether you are here in Los Angeles, or at the other end of the world does not matter - we have conquered space.

(a) True Regeneration.

Turn back to your Sixth Commentary. You had disclosed to you there (pp.3-4) the true Regeneration Exercise. I hope that you have practised it, and that you have felt the good that comes from it on all planes of your being. Of all that has been taught to you, this is the most important exercise, but its effect can only be known through practice, and it is something that cannot profitably be talked about.

In the present Commentary I desire to lead you one step further. The exercise I shall disclose to you here you will not practice this week, but you will think about it, and see whether you can make clear to yourself what its effect will be.

The Exercise is this :

1. Lie on the floor, flat on your stomach. See that the body is straight.
2. Place your negative hand on the floor, then place your positive hand upon it, then lay your forehead upon the right hand - the middle of your forehead, so that your nose is free for breathing. (The head must be straight, not turned sideways.)
3. Coming down through your body, you see that all is straight. Then you place your negative leg over the positive, so that your positive toes touch the floor, and the negative leg is above the floor, but resting on the positive. THIS, THEN, IS THE POSTURE. (During the week, you may practice this, just to get used to the posture.)
4. Then we commence the Breath as follows : (a) Take a deep breath ; (b) Retain the Breath, then tighten the buttocks, and press the middle part of the body, the pelvic region, down to the floor . . as you do so, you will feel that the legs tighten, the buttocks tighten, and the whole body is evenly and gently tensed. (c) Holding the breath as long as you conveniently can, you then exhale gradually and as you exhale you feel the body relaxing entirely, but the exhalation is so gradual that you are conscious of the Force sweeping the whole body, particularly in the Solar Zone. (d) Then breathe freely. You will do this three times only, and, after the third breath, lie still, in a meditative mood, for a few minutes, imagining that the whole body is being swept through and through and through -- that it is all MELTED, that the whole body is one mass of tiny lights, and that so perfect are each of the countless lights that they are all merged into one and become One Great Light.

You should bring into mental play every idea that you have that gives you the central idea of Light, Light, Light! Imagine your sunrise. Imagine - imagine - imagine Light, and nothing but Light in your whole body, but there must be relaxation on mind rather than tension of mind.

Therefore, this week merely get into the posture, and in your next Commentary you will be instructed further into the technique. This Breath is not as easy to master as it may at first blush seem, but it is very wonderful in its effect. It is an effective step in True Regeneration.

THIS SPACE IS FOR YOUR OWN NOTES

### (b) Be Not Thou The Warrior!

There are many people, of all shades of thought, who imagine that they could attain the apex of perfection if they could only get rid of their physical body. In the battle between the terrestrial and celestial nature, the latter obviously must be allowed conquest, although the former is ever the aggressor. The idea is expressed in the Bhagavad Gita, where man is advised to seek to realize that he is one with Krishna, and having realized it he will no longer be a partaker, but merely a spectator, in the battle, which after all does not concern the Divinity in him - his real Self. But not until we become conscious of what kind of a battle is raging can we rest in the warrior. "Stand aside in the coming battle, and though thou fightest, be not thou the warrior. Look for the warrior, and let him fight in thee."

"Verily, verily, I say unto thee : except a man be born again, he cannot see the Kingdom of God." - John iii, 3.

"Art thou a master of Israel, and knowest not of these things?" - John iii, 10.

"Whoever will come after Me, let him deny himself, and take up his cross daily, and follow Me." - Luke ix, 23.

No man can attain spiritual self-knowledge without being spiritual, because it is not the intellectual man that knows THE SPIRIT, but the Divine SPIRIT THAT ATTAINS SELF-KNOWLEDGE IN MAN. By what means can man effect the process of his spiritual regeneration? Only by succeeding in placing himself in perfect accord with the Order of the Universe and the Light of Love. By concentration in meditation upon a given subject, as we have already learned, and by the effort of regular breathing, the inhalation and exhalation being balanced, the mind may be held so that it is not subject to other thought than that pertaining to the object or symbol of expression about which man desires knowledge. We know that as we pursue this practice we enter into harmonious relationship with the Divinity within, and from that source can gain knowledge which is the result of the soul's own experience while passing through the higher and lower states of matter. When you concentrate upon the highest you evoke from within yourself that Solar Force and Power which, if directed upward, will awaken and revitalize those ganglia or organs of perception hitherto withheld from your use. Man is generally shut out from the knowledge of his true being and estate, until he seeks At-one-ment with his own Life Principle and its evolution and manifestation in him.

All these words are easy to put together. It is all easy enough to describe. The question is "How to achieve?" And that is what we are slowly but surely learning in Mentalphysics. Never fear, if you are practising you will already know, and you cannot know without practising.

### (c) What Is Consciousness?

The most difficult thing for the average student is to forget, get away from, release entirely the Personality - and yet retain the Personality. Once we realize that Oneness which is so much talked about, there is nothing more that we can possibly learn --- for we KNOW THAT WE ARE THAT.

All consciousness is Matter played upon by Force. You can see that clearly, can you not? The higher the level of consciousness the more subtle the matter and the more refined the vibration. We know this to be so on the physical plane. But as on the physical plane, so on the superphysical planes, when two centres

THIS SPACE IS FOR YOUR OWN NOTES

each vibrating at a different rate meet, a balance is struck and a mean vibration results. The true philosopher or initiate is seen therefore, to be a highly dynamic centre of Divine Consciousness. All less evolved entities and souls contacting this centre have their own level of consciousness raised in consequence -- BUT THE PHILOSOPHER, THOUGH CONSTANTLY GIVING OUT, GROWS STILL HIGHER IN CONSCIOUSNESS, for the Law is that we have only what we give - the more we give the more we gain. WE LOSE OUR LIVES TO FIND.

The Law is that realization of Immortality (permanence of consciousness) is in direct proportion to the rate of vibration and in inverse proportion to the density of the medium.

We know that the Solar Force, or Life-Giving Principle, interpenetrates all matter. Playing upon it causes different rates of vibration in its different densities. The more subtle the matter the less resistance to this Force, and the higher the vibration and resultant consciousness. Therefore, remember this simple fact, and think long upon it :

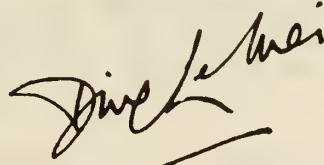
THE EVOLUTION OF CONSCIOUSNESS IS CAUSED BY THE PLAY OF THE LIFE-GIVING FORCE (or UNIVERSAL MIND) IN MATTER.

There is much in this Commentary to make you think. What I write in these Commentaries is of little value if you do not THINK and FEEL and GET TO KNOW the essential truth that they contain. What is hidden is as of much value to you (that is, what comes voluntarily to you, according to the level of your own consciousness) as what is actually written. What is written is merely the seed - what comes to you through the Universal Spirit, in the direct relation that you are capable of receiving, is the harvest.

Be happy this week. How glorious is LIFE!

My peace I send to you,

Sincerely your Teacher, in Fraternal  
Bonds of Joy and Hope.



Written Faith at  
Los Angeles, California, U.S.A.

End of The Eighteenth Commentary,  
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



# The Inner Chamber of the Science of Mentalphysics



THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

**19**

"THE INSPIRATIONAL BREATH" (four)—True Regeneration—  
Five Movements of New Breath; Substance is Reproductive;  
Right Training Essential in True Regenerative Principles.

THIS WEEK YOU ARE TO BE INTRODUCED TO AN ENTIRELY NEW BREATH, which was described in your Eighteenth Commentary. These advanced Breaths are rather difficult to teach by the written word, and the more involved the Breath, the more difficult to disclose without actual demonstration. Therefore, you must be careful to follow instructions to the letter.

#### BREATHING INSTRUCTIONS FOR THE WEEK:

1. In the mornings breathe the Memory-Developing, the Revitalizing and the Inspirational Breaths twice each (physically) as soon after rising as possible; also breathe all these Breaths twice each as soon after sundown as possible. Practice the Healing Breath some time during the day, but not immediately before noon.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

Turn back to your Eighteenth Commentary - to page two. I hope that you have practised the posture of this new Breath, as you were instructed. If so, you will be able to place the body in the right position. You should not do this Breath on your bed, but preferably on the floor, lying on a thick carpet, or you may throw a rug or a quilt on the floor and lie on that.

1. It is important to see that the whole body is straight - that is, that the spine is straight - the negative hand on the floor, the positive above it, and your forehead resting on the positive hand. Then watch very carefully that your spine is straight, and if there be any fat on the abdomen see that the fat is not twisted more to one side than the other . . in other words, you must lie quite flat and evenly on your stomach.

THEN WATCH THAT THE LEGS ARE COMFORTABLE -- THE NEGATIVE LEG OVER THE POSITIVE. Also that the BUTTOCKS ARE BALANCED, not one tighter than the other, as would be the case if you were not lying quite flat. It is important that these little apparent insignificant details are watched carefully.

THIS SPACE IS FOR YOUR OWN NOTES



2. I will not waste time and space in this Commentary by referring further to the posture ; you should read carefully and experiment with the instructions cited on page two of your last Commentary.

First Movement of the Breath. - When you are quite sure of the right posture, exhale (empty the body of air). Then, gently, slowly and evenly breathes in . . . not too large a breath, but sufficient to enable you to gain control. Let it be an unbroken breath - not sniffing, but evenly drawn in.

Second Movement of the Breath. - Now press the middle part of your body down to the floor, gently and evenly, and retain that position. You will find that the buttocks will tighten, and downwards into the legs, down to the toes, there will come a tensing feeling, and you will feel the Force of Life within you going down to the feet and toes. At the same time, the spine will gently tense, and you will find that upwards, from the gently tightened abdomen, up, up, up to the top of the head you will feel the Force of Life . . . . and finally you will feel the Force of Life all through your body, but with an even upward-rising feeling towards the head.

Third Movement of the Breath. - Retain the Breath; hold the position, BUT WITH NO STRAIN, for a few seconds, (you must not strain, and probably will find that ten seconds or twenty is sufficient time for retention).

Fourth Movement of the Breath. - Gradually exhale. Feel the loosening of every part of the body at the same time. There will not be a downward-sweeping feeling as in other Breaths, from the top of the head down to the feet, but in this Breath you imagine that ALL THE BODY is being relaxed at the same time . . . that there is an even outward-flowing sensation from all parts of the body simultaneously . . just as if the whole body is melting away - and you will find this to be a very delightful feeling.

In relaxing you must see that there is no pressure on the shoulders - the shoulders and the chest must be fully relaxed. Similarly, in the tensing, you must not tense the shoulders, but the weight of the body will be taken by the middle part, and you will find that you are resting on the diaphragm.

DO THIS BREATH THREE TIMES  
DO NOT HURRY.

BE SURE OF THE POSTURE, AND AT THE END OF THE BREATHE BE SURE OF THE FEELING. (Read the end of Par. Four on Page Two of your last Commentary)

Fifth Movement of the Breath. - Lying in the same position, but feeling that the body is heavy all over, take this Meditation :

"I AM FLOWING INTO THE LIGHT OF LIFE.  
"I AM ESTABLISHED IN THE LIGHT.  
"I AM LIGHT \*\* I AM LIFE \*\* I AM LOVE.  
"I SEND MY LOVE TO EVERY LIVING THING."

(a) All Comes from the One Substance.

Now, my dear Noble of The Light, I could write a great deal about this Breath, but I question whether you would gain a great deal from what I may write. When I started to teach, I determined that I would not teach objectively. It is so easy to put words on paper, but this is not necessarily teaching - we teach by showing. and we learn by doing. At the same time, in a Breath of such importance as

Page 2.

The Nineteenth Commentary.

## THIS SPACE IS FOR YOUR OWN NOTES

It is important to have a place to write notes during the course. This is a good place to do so. You can use it to write down questions you have, or to write down answers to questions you have. You can also use it to write down things you have learned, or to write down things you have forgotten.

It is also a good place to write down things you have learned, or to write down things you have forgotten. You can use it to write down things you have learned, or to write down things you have forgotten. You can also use it to write down things you have learned, or to write down things you have forgotten.

It is also a good place to write down things you have learned, or to write down things you have forgotten. You can use it to write down things you have learned, or to write down things you have forgotten.

It is also a good place to write down things you have learned, or to write down things you have forgotten. You can use it to write down things you have learned, or to write down things you have forgotten. You can also use it to write down things you have learned, or to write down things you have forgotten.

It is also a good place to write down things you have learned, or to write down things you have forgotten. You can use it to write down things you have learned, or to write down things you have forgotten.

It is also a good place to write down things you have learned, or to write down things you have forgotten.

It is also a good place to write down things you have learned, or to write down things you have forgotten.

It is also a good place to write down things you have learned, or to write down things you have forgotten.

It is also a good place to write down things you have learned, or to write down things you have forgotten.

It is also a good place to write down things you have learned, or to write down things you have forgotten.

this, it is fair to you that I endeavor to tell you what you are doing when you undertake it.

In this Breath, we actually handle the FIRE.

As we look at Nature, we find that all that she seems to be engaged in is reproducing herself. Your very breath reproduces itself. Every living thing reproduces itself, but it reproduces itself from the One Substance, though the different manifestations of the substance are, of course, without number. A simple illustration of the One Substance may be seen in the alphabet. There are 26 letters in the alphabet, which form the one substance of every word that has ever been written. Every writer has to employ this one substance, and the more correct his use of the substance the more perfect his work.

So the more perfect our USE of the One Substance, the more perfect our work in the living of Life Itself.

We have so far done a great deal in developing our knowledge of the One Substance, and now we have begun to feel it, to melt it and bring it into such a state of liquidity that there is no congestion anywhere. It is so perfect in its nature in the body, mind and spirit of us that the Solar Force playing upon it is leading us to higher and higher levels of consciousness. Thus the "Melting" process.

(b) Substance is Reproductive.

The One Substance is, then, so to speak, reproductive -- ever reproducing itself through every living thing, just as every living thing is ever reproducing itself in and through the power within the One Substance.

The first effect likely to be seen in this Breath is the awakening of that Force which causes us to reproduce ourselves - there will probably be an awakening of what, on the physical plane of life, may be called the sexual power of man. Therefore, do not be ashamed if this Force is awakened within you. Be gratefully proud, knowing that this sacred Force, on the physical plane of life, is the essential physical Force of Life. At the start, there may come into the mind a recognition of this increased force. What we have to do is to watch it. Do not try to repress it . . . WATCH IT, and see what it is. See what you feel, "What is this great vibration within me? What is this very throb of Life Itself? How wonderful that I can feel within my own body and recognize in my own mind the fundamental power of God within me - that which is the herald of the very Stream of Life? I GIVE THANKS - I AM HAPPY!"

So many people, however, are so unscientific in their thought that they think that sexual force is a sign of something "bad" or "evil." Every normal human being in perfect health nonetheless knows that a great deal of his thought is occupied with sexual ideas (though perhaps of a nebulous nature), and we all know with what speed the body responds to sexual thinking. There is need for right training along these lines. In a word, may I say that that which we shall learn hereafter in these Commentaries will teach us not the elementals of generation, for we all are familiar with them, but will lead us on to TRUE REGENERATION.

But it is obvious that we must familiarize ourselves with the great Eternal Force of Generation, know what it is, know what its right use is, before we can begin to transmute - for we cannot transmute that which we know nothing about and cannot feel.

THIS SPACE IS FOR YOUR OWN NOTES

"Man is not dust - Man is not Dust, I say,  
A lightning substance through his being runs ;  
A Flame he knows not of illumines his clay,  
The Cosmic Fires that feed the swarming suns,  
As giant worlds sent spinning into space,  
Hold in their Center still the Parent Flame ;  
So Man within that undiscovered place -  
HIS CENTER - STORES THE LIGHT FROM WHICH HE CAME."

(c) Need of Right Training.

We stand in need of true knowledge regarding Generation - then we lead ourselves into Regeneration. The world today is divided against itself - war, rapine, social brigandage, crime, lunacy, "incurable" disease, vice in high and low places, . . . and so much more that will come to your mind. WHY? Why, with the Universe so entirely perfect in its Principle, do we see these things around us? It is largely because there are so many human beings on this planet today whose seed was not rightly Sown, and to me it is not any wonder that we have these present world conditions, but I marvel that the human race keeps itself together. Did we not know THE TRUTH OF LIFE, we might be inclined to conclude that the Earth was an outcast planet, the prison and torture chamber of the Universe.

But we in Mentalphysics know that it is not. To some it may be Hell itself, but, to us who are learning THE LAW, it is regenerated into Heaven. He is in Hell who has not yet made up his mind to do what is best for himself and OBEY the Divine Law. Every wrong automatically begins its own punishment, and as we review human history - with all its darkness - we should pledge ourselves, we should vow, that all that we KNOW of The Truth shall henceforward be LIVED by us . . . and the most important part of life, surely, is that which deals with the FLAME on the plane of life that we are most familiar with - the Earth plane of our life.

We shall return to this question of what is called Sex in later Commentaries. For today I leave you. I wish that you could see what we are doing here at The Institute. We are growing. Our work is being greatly blessed. We KNOW that joy and gladness of spirit has been brought to thousands, and that other thousands are learning now the elementals of the Sacred Art. YOU, too, must do all that you can for The Great Work. I ask for your support in every way that you feel within your own heart you should give. The work that we are engaged in requires material substance - it requires support through your highest spiritual meditation . . . "so much to do, so little done."

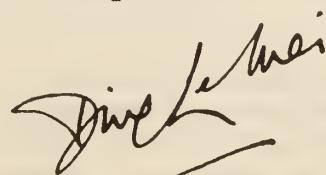
Therefore, live close to The Great Work, and let us all know that the Holy Bond of Life runs indissolubly through us all.

My Peace I give unto you. Be happy this week. And be grateful.

Sincerely your Teacher, in Fraternal Bonds  
of Joy and Hope,

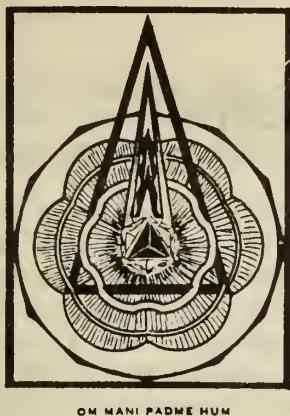
Written in Faith at  
Los Angeles 4, California, U.S.A.

End of The Nineteenth Commentary,  
Inner Chamber.



PERSONAL QUESTION TO YOU:- Are you a member of The Church - our Church? If you are not, will you please notify me, and ask for information regarding Membership - this is important.-- Ding Le Mei.

THIS SPACE IS FOR YOUR OWN NOTES



# The Inner Chamber

## of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

**20**

"THE INSPIRATIONAL BREATH" (five)—True Regeneration—The Power of the Sunrise of Your Mind; The Power of Your Breath and the Effect of Its Power in Life-Expression.

### BREATHING EXERCISES FOR THE WEEK:

Same as in The Nineteenth Commentary.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

This week you will continue with the Breath that was disclosed to you in your Nineteenth Commentary, for there is very much more in this advanced Breath than will be understood during the first days of practice. Lying on your stomach in the posture indicated, you should take time to get to know HOW to tense your body and HOW to relax your body. In this Breath the tensing will be gradual. In the relaxing it will be almost instantaneous, so that every part of every part of your body will immediately be relaxed, and the great flow of Force felt everywhere - in an almost overwhelming flow outwards from the body . . . just as if every cell of your body is the centre itself, and from the centre the flow goes outward to the circumference. Properly undertaken, this Breath is truly wonderful as a physical rejuvenator.

Therefore, take great care that the body is straight ; take care that you commence with your buttocks the tensing process ; take great care that in the relaxing every part of your body relaxes and that you feel heavy all over.

#### (a) The Meditation in This Breath.

"I AM FLOWING INTO THE LIGHT OF LIFE." This is the first part of the Meditation in this exercise. Let us analyze it a little.

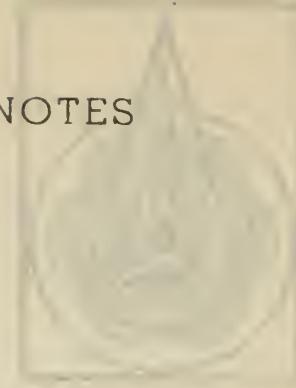
You will doubtless notice that, in the tensing part of the Breath, you feel a great rush of Force upward into the head, which is balanced by the great flow of Force downward to the feet, with the buttocks locked and so balancing the Force. When you relax there comes a sensation of "burstingness" from every cell outward. Then, lying still, very still, and resting the whole body, you take the meditation -

THIS SPACE IS FOR YOUR OWN NOTES

79d MARCH 1968

SEARCHED INDEXED SERIALIZED FILED

SEARCHED INDEXED SERIALIZED FILED  
APR 1 1968  
FBI - NEW YORK



ATTENTION ATTORNEYS, JUDGES, ATTORNEY GENERAL AND  
SPECIAL AGENTS: THIS REPORT SHOULD NOT BE CONSIDERED AS AN  
OFFICIAL INVESTIGATION REPORT.

02

SEARCHED INDEXED SERIALIZED FILED

SEARCHED INDEXED SERIALIZED FILED APR 1 1968  
FBI - NEW YORK

SEARCHED INDEXED SERIALIZED FILED APR 1 1968  
FBI - NEW YORK

SEARCHED INDEXED SERIALIZED FILED APR 1 1968  
FBI - NEW YORK

SEARCHED INDEXED SERIALIZED FILED APR 1 1968  
FBI - NEW YORK

SEARCHED INDEXED SERIALIZED FILED

SEARCHED INDEXED SERIALIZED FILED APR 1 1968  
FBI - NEW YORK

SEARCHED INDEXED SERIALIZED FILED APR 1 1968  
FBI - NEW YORK

SEARCHED INDEXED SERIALIZED FILED APR 1 1968  
FBI - NEW YORK

"I am flowing into the Light of Life." To feel that you are flowing into the Light, you must naturally have your picture of Light - that comes to you through your memory of your Sunrise.

You see the sunrise in your mind . . . you see the coloring - the light greens, the mauves, the purples, the touches of silver and the wonderful greys, and finally you see the piercing shafts of pure, pure GOLD . . . all finally commingled into one majestic blaze of morning glory in a light so strong that you cannot face it. This is the picture. So, in your Meditation, bring the picture before your mind, watching, watching. Soon the light will be so strong that it dazzles you, and it is at this moment that you should then FEEL THE LIGHT COMING THROUGH EVERY CELL, THROUGH EVERY PORE, imagining that you are bathed in a great sunrise of Light - the Light of LIFE.

A little practice will make this exercise very beautiful, and you will find that resting in the Light brings you absolute repose of body and mind, so that the Creative Intelligence has greater opportunity to perfectly express itself to you.

So I counsel you to practise this Breath increasingly, but never more than three times at any one session.

#### (b) The Power of This Breath.

When once you are able to FEEL the Light in this Breath, nothing is impossible. What do I mean? I mean this : That, when you have retained your breath, and have succeeded so that you can instantaneously FEEL THE LIGHT rushing out through you, so to speak, you become so illumined that, being silent, any problem that you have can immediately be solved.

For example, suppose that you suffer from some form of Fear. Everyone does, for Fear is the only enemy of Mind. You can see that Fear hinders the free vibration of LIFE through the molecules of the body by paralyzing the Life Force that is in it. You can see that Fear makes you lose confidence in the power of your own spirit to hold you and to keep you in perfect harmony. You can see that to fear lessens your spirit's hold on your Supply - GOD. You can see that to fear is place yourself as a servant to all those things which are beneath you. You can see that accidents and illnesses are the result of fearful confused and careless thinking - which is Fear. So, suppose that you are conscious of some form of Fear.

As you come out of the Breath, and relax, have in your mind the affirmation that that which you have acknowledged as Fear is being driven out of you by the power of The LIGHT. YOU CAN ACTUALLY SEE FEAR BEING DISPELLED, LEAVING YOU, BEING CHASED OUT OF YOU. FEEL IT! Then as you see it going from you, rest in the strong thought that Courage is being brought into you with your even rhythmic breathing. You KNOW it . . because you can FEEL it coming into you. You see nothing but Light. You ARE nothing but Light. You see COURAGE coming in, and know that it is in you to take the place of that ogre, Fear, which has gone from you for ever.

The same technique may be employed for anything that you wish to break in your life - see it going from you, and see its glorious opposite coming in to you.

The physical effect of this Breath is beyond peradventure wonderfully exhilarating. The mental effect is sure for you if you will practice. All bad habits disappear. All negative thoughts are crushed. All sombre feelings are replaced with Joy . . . THERE IS NOTHING BUT LIGHT, LIGHT, Light, for "I AM ESTABLISHED IN THE LIGHT," . . . more, "I AM LIGHT - I AM LIFE - I AM LOVE . . . I SEND MY LOVE TO EVERY LIVING THING.

THIS SPACE IS FOR YOUR OWN NOTES

"ABOVE THE CELESTIAL FIRE THERE IS AN INCORRUPTIBLE FLAME, EVER SPARKLING SOURCE OF LIFE, FOUNTAIN OF ALL BEINGS, AND PRINCIPLE OF ALL THINGS. THIS FLAME PRODUCES ALL, AND NOTHING PERISHES SAVE THAT WHICH IT CONSUMES. IT REVEALS ITSELF BY VIRTUE OF ITSELF. THIS FIRE CANNOT BE CONTAINED IN ANY PLACE ; IT IS WITHOUT FORM AND WITHOUT SUBSTANCE, IT GIRDLES THE HEAVENS AND FROM IT THERE PROCEEDS A TINY SPARK WHICH MAKES THE WHOLE FIRE OF THE SUN, MOON AND STARS. THIS IS WHAT I KNOW OF GOD. SEEK NOT TO KNOW MORE, FOR THIS PASSES THY COMPREHENSION HOWSOEVER WISE THOU MAYEST BE. NEVERTHELESS, KNOW THAT THE UNJUST AND WICKED MAN CANNOT HIDE HIMSELF FROM GOD, NOR CAN CRAFT NOR EXCUSE DISGUISE AUGHT FROM HIS PIERCING EYES. ALL IS FULL OF GOD - GOD IS EVERYWHERE."

(c) The Effect of the Power.

In this Breath we are leading ourselves into mysterious pathways, but we shall come out the victors. It is perhaps possible that the effect of the Breath so far has brought you some little discomfort, in the sense that your sexual power has been awakened. As I remarked in your Nineteenth Commentary, all that we have to do is to watch it. I hope that in your case you have awakened the Fire, and that you have been patient watching it. If so, you will know a good deal about the effect of this Breath by this time. And from what you have already learned, - so that you truthfully can say that you KNOW it, you are aware that this sexual force, rightly directed, is making for your true regeneration.

How grateful we should be, and I hope that we are, that these things have been brought to our attention, that we have been shown the way to practice so that they bear fruit in our lives. We should regard these advanced Breaths with reverence. There is no power greater, but we have to know that we must practice these Breaths only for spiritual unfoldment. If we give way to the sexual feeling that they bring up within us, we are adding to self-degradation that literally may mean spiritual suicide. Each moment of the day we should rest in this force . . . "Out of God's heart, our hearts unfold." This is the Secret of the Golden Flower.

And we should throughout the whole day stay in The Light. "When there is gradual success in producing The Light," says an ancient philosopher, "a man must not give up his ordinary occupation in doing it. The ancients said : When occupations come to us, we must accept them ; when things come to us, we must understand them from the ground up. If the occupations are regulated by correct thoughts, the Light is not scattered by outside things, but circulates according to its own Law. Even the still-invisible circulation of The Light gets started this way, how much more than is it the case with the true circulation of The Light which has already manifested itself clearly? When in ordinary life one has the ability always to react to things by reflexes only, without any admixture of a thought of others or of one's self, that is the circulation of The Light arising out of circumstances."

This means that when a man lives in contact with the world, and yet still in harmony with The Light "then the round is round and the angular has angles ; then he lives among men concealed, yet visible, different, and yet the same, and none can compass it ; then no one takes note of our secret life and being. The living manner of the circulation of The Light has just this meaning : To live in contact with the world and yet in harmony with The Light." In short, though among mortals we march triumphantly as immortals.

THIS SPACE IS FOR YOUR OWN NOTES

(d) The Pupil's Personal Duty.

In this advanced Breath, my beloved, we are leading ourselves to the very Elixir. The Elixir of LIFE! Heaven no longer withholds the Meaning, but reveals the ultimate Truth. Disciples, keep it a secret and hold to it strictly!

We are on our way to self-wisdom, in whose sunshine we see the illusions of life, but are not captivated by them. The tree of temptation is still growing in every human being, as is represented by the allegorical "Adam." The lower qualities in us still strive for outward manifestation, and can be overcome in no other way than by our rising above them into the higher ones . . and ever on and ever up!

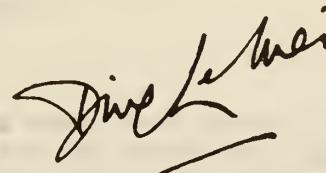
We can see, then, that true spiritual knowledge cannot be communicated from one intellect to another, but must be sought for in the Spirit of God, within thee.

I trust that you will zealously continue with this great Breath. Do not be lazy. Do not be in a hurry. Be happy and give thanks.

He who studies these writings, and cannot understand them, should not throw them aside, imagining that they cannot be understood. Sometimes I get a letter from a student telling me that these Commentaries are "too deep" that they cannot be understood. But the time will come when, through practice, you will understand them entirely. Read and re-read . . . feel that the Creative Intelligence is within you, making all things that you think upon known to you. But, above all, practice.

I send you my very Highest Thought ; pax profundis.

Sincerely your Teacher, in Fraternal Bonds  
of Joy and hope.



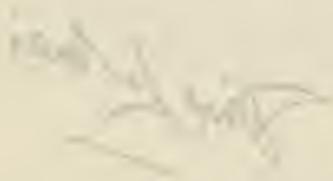
Written in Faith at  
Los Angeles 4, California, U.S.A.

End of The Twentieth Commentary,  
Inner Chamber.

## THIS SPACE IS FOR YOUR OWN NOTES

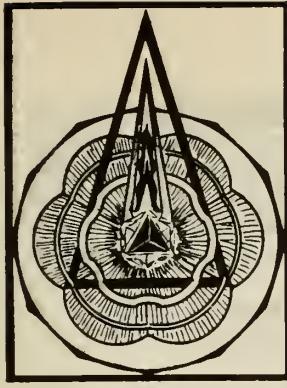
THIS SPACE IS FOR YOUR OWN NOTES

THIS SPACE IS FOR YOUR OWN NOTES



THE ORDER OF SERVICE  
SUNDAY MORNING, SEPTEMBER 10TH

WEDDING SERVICES WITH THE HOLY COMMUNION



OM MANI PADME HUM

# The Inner Chamber of the Science of Mentalphysics



THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

**21**

"THE SECOND RETROSPECT"—(a) Meditation on Interior Order and Exterior Order; Mystic Revelation that Body is "Feeling." The Mystery of Surrender; (b) Right Feeling is Cosmic Order.

## Breathing Exercises for the Week:

1. You should take all your Breathings this week, from the Memory-developing Breath to Your Own Spiritual Breath. If you feel that you have mastered them, and have little need of physical breathing, then take them silently, going through one after the other, seeing whether you have made progress in the control of the FEELING which each Breath brings to you. At all events, do some physical breathing consistently this week.

---

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

This is to be a week of Retrospection. During the week, read through, once each day if possible, the whole of your Commentaries from The Fourteenth Commentary to The Twentieth Commentary. If that be too much for you, then read through all of them once during the week, and consider very carefully the following :

Fourteenth Commentary .... (b) The Way to Attain (p. 2) ; (c) The Cause of Differing Opinions.  
Fifteenth Commentary ..... (a) A Simple Illustration ; (c) Esoteric Chemistry.  
Sixteenth Commentary ..... (b) The Eternal Light.  
Seventeenth Commentary ... Review carefully the whole of this Commentary.  
Eighteenth Commentary .... Be sure that you have mastered the Posture of the Advanced Breath outlined on p. 2 ; (c) What Is Consciousness.  
Nineteenth Commentary .... Review p. 2 ; (b) Substance is Reproductive (p. 3.).  
Twentieth Commentary .... Meditation - "I AM FLOWING INTO THE LIGHT OF LIFE."

Since the last Retrospective in The Fourteenth Commentary you have had forty-nine days of study and practice given to you, and I hope that you can say that you have been faithful. One of the finest words in our language is "Loyalty".

THIS SPACE IS FOR YOUR OWN NOTES



RECOMMENDED READING

Books  
and  
Periodicals

As you read, analyze yourself and see whether you have been loyal to your Teacher, loyal to Mentalphysics, loyal to yourself, loyal to THAT Which You Are. I am well aware that human beings find excuses with infinite speed to assuage their conscience when they do not do what they feel within themselves they should do; WE MUST NOT BE LIKE THAT. WE must be strong. We have undertaken our Journey to the Heights, and there must be no looking back.

"The conditions of conquest are easy. We have but to toil awhile, endure awhile, believe always - and NEVER TURN BACK."

Therefore, feel your Teacher coming to you with all the love that he know, counseling you to be faithful unto Life. Practice, practice, and again practice.

(a) Words of Encouragement.

If you have fallen down a little, do not be unhappy. Also do not feel that I am offering you mild chastisement. Do not be unhappy about it. Just think. You have had enough evidence now that when you carry out your Breathings, when you meditate with unfailing regularity, all is well . . . and you know that you have never been happier than when you have gone faithfully into meditation every night. If you have been emulating the prodigal, then just come home! Do not, of a sudden, declare "Ding Le Mei is right - I MUST turn over a new leaf. I MUST get back into my old beautiful routine . . . I Will . . I Will!"

Do not be disturbed. Just rest and KNOW that the Creative Love within you will do it through you. And you know that, as you meditate, you gain more and more power to do it, so that you will actually not be allowed to sleep before you have gone into Meditation, and be given all the inspiration to carry out your practice in every detail.

This week, meditate every night in Joy. Turn back now to The Fourth Commentary (p. 1, Meditation for the Week) --

"I am established in Order - Interior Order, Exterior Order.  
The power of Mentalphysics is spreading throughout the world."

As you read these words again, do you KNOW -- KNOW beyond any possible chance of your ever forgetting it even for a single moment - that you are truly, immutably, everlasting established in Order? Reason like this : "Do I know that Creative Life within me doeth the work of living my life . . . that I am Creative Life embodied . . Do I know that IT is breathing, seeing, hearing, speaking, touching, tasting, moving, and existing within me . . . Do I know that THE CREATOR IS WITHIN ME EXPRESSING THROUGH ME."

WE MUST BE QUITE SURE THAT WE KNOW THIS, IN THE SENSE THAT EVERY MOMENT OF THE DAY WE ARE CONSCIOUS OF IT, and that the thought keeps us and upholds us.

In other words - BE HAPPY )  
GIVE THANKS ( for you KNOW THE TRUTH OF LIFE.  
HAVE NO TONGUE )

(b) The Body is "Feeling."

When we truly remain in this high state of consciousness we come to know that, while we are conscious of our body, and we know it because we can touch it and know that it is made of material substance, yet the "I" is a collection of feelings . . thus the body itself, the mind itself, the you yourself are FEELING.

THIS SPACE IS FOR YOUR OWN NOTES

When I see a thing, I see it because I FEEL that I see it, and to the degree that I feel, I see. The same with hearing, and tasting, and smelling . . and everything.  
There is a correspondence between the seeing and the feeling which shows us the ORDER of Life. This may seem so simple as to be unimportant, but as you think about it, and use this simple illustration as an example of the whole of Life, you will be able to extend your own thought on the ORDER of Life. In Order there is Wisdom, so during this week, just have a good time looking out upon life and noting how there is a correspondence between everything that you know and your own FEELING. Between your own FEELING and the ORDER of Life. Between the Order of Life and WISDOM . . .

"When I see and hear and touch and taste and smell and speak and do anything at all, I FEEL ONLY WISDOM. I am established in Wisdom."

We will find with this simple practice that the body, the mind, the YOU is a variety of feeling, and this variety of feeling is what we call "my body", or "My mind". Thus we will lead ourselves into the illuminating discovery that INVOLUNTARY ACTION IS REST AND RENEWAL, while VOLUNTARY ACTION IS WORK AND DESTRUCTION. We come to see that Creative Intelligence, when through relaxation of ourselves into it, works of itself through us, just as the Light Shines of Itself.

This could be explained in a thousand ways, and I think that I could write what might be a learned treatise on it. But there is no need. What we want to do is to PRACTICE IT. We in Mentalphysios, more than any other body of seekers on earth, have the standard of our own Breath as the basic example, for as we become perfect breathers - going through physical breathing into mental breathing, from breath to breathlessness in meditation, we lead ourselves into the Infinity of Perfection . . . in short, into the ORDER of Life. "I AM ESTABLISHED IN ORDER, Interior Order, Exterior Order." Thus we change our earth into Heaven, and we may "come down from Heaven", not to mine own will, "but the Will of Him that sent me," (read John 6 - 38).

### (c) Be Happy This Week.

My beloved, the more experience I gain the more gratitude I feel. What would have become of me had I not come to know the Truths that we are learning? I sometimes shudder to think of what might have overtaken me. But to-day, as I REALIZE more and more, I am inclined less and less to intellectual interpretation of the real things of life. WHY? Do I desroy the Intellect? Not at all - indeed, what would I do without my Intellect. But I incline more and more to the simple life, the simple love, the simple energy, the simple knowing.

Think on these words as they flow hot from my fingers ---

Eternal Light of Life Within!	=	My Life in the Eternal Light.
Thy Spirit in My Soul.	=	My Soul in Thy Spirit.
Thy Breath in my Body.	=	My Body in Thy Breath.
Thy Life in my Blood.	=	My Blood in Thy Life.
Thy Love in my Heart.	=	My Love in Thy Heart.
Thy Knowledge in My Head.	=	My Knowledge in Thy Wisdom.
Thy Power in my Hands.	=	My Hands in Thy Power.
Thy Freedom in My Feet.	=	My Feet in Thy Way.

Then take a sheet of paper, and write down as many things as you can think of, showing to yourself how many things that you can say and think and feel are in the Creative Spirit, and how manifold is the expression of the Creative Spirit within and through you. It will do you good, and you will teach yourself much.

THIS SPACE IS FOR YOUR OWN NOTES

For example :

THE TRUTH OF MY BODY IS SPIRIT.  
THE TRUTH OF MY BODY IS LIFE.  
THE TRUTH OF MY BODY IS KNOWLEDGE.  
THE TRUTH OF MY BODY IS POWER.  
THE TRUTH OF MY BODY IS LIGHT.  
THE TRUTH OF MY BODY IS HEALTH. - and Wealth - and Beauty - and Strength - and Wisdom - and Peace - and Love - and Grace - and Joy - and Poise - and Freedom - and Principle - and Light.

As you follow out this simple exercise this week, you will be astounded how the Wisdom of the Creative Spirit That Is in Every Living Thing will reveal to you ideas and impressions and sensations and feelings and thoughts that will transcend your present consciousness, and teach you how to transmute - how to ascend from Earth to Heaven, and how to come down out of heaven, how to swing from the positive in life to the negative, how to know what the effect of your Meditation is taking in your life.

Therefore, in this Retrospective lesson, be happy. Not a single thought of negation of whatsoever kind this week. Not an acknowledgement in your mind of anything at all other than That Which is Perfect - the "Father" in me.

"I surrender to Thee, O Beloved,  
My pride and my humiliation ;  
And Thou givest me Thy Love."

Take these lines and see how many "exchanges" you can make with The Beloved, and see what you can get for the surrender of all the negative shadows as you surrender them.

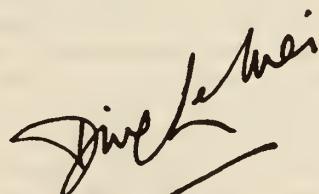
I know that this will be a week of Joy and Love and Light. Oh, KNOW that ALL is well, and that in all this Perfection YOU are established.

"I AM ESTABLISHED IN ORDER - INTERIOR ORDER,  
EXTERIOR ORDER. THE POWER OF MENTALPHYSICS  
IS SPREADING THROUGHOUT THE WORLD."

And in this week of Joy, try to spread the good news of Mentalphysics among your friends . . . and so Spread the Light, live what you are learning.

My Peace I send to you always.

Sincerely your Teacher, in Fraternal Bonds  
of Joy and Hope,



Written in Faith at  
Los Angeles, California, U.S.A.

End of The Twenty-First Commentary,  
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

1. *What is the best way to learn?*  
2. *What is the best way to teach?*  
3. *What is the best way to evaluate?*

4. *What is the best way to plan?*  
5. *What is the best way to organize?*  
6. *What is the best way to communicate?*  
7. *What is the best way to assess?*  
8. *What is the best way to support?*

9. *What is the best way to involve parents?*  
10. *What is the best way to involve students?*  
11. *What is the best way to involve staff?*  
12. *What is the best way to involve the community?*

13. *What is the best way to involve the media?*  
14. *What is the best way to involve the business community?*  
15. *What is the best way to involve the government?*

16. *What is the best way to involve the public?*  
17. *What is the best way to involve the media?*  
18. *What is the best way to involve the business community?*  
19. *What is the best way to involve the government?*

20. *What is the best way to involve the public?*  
21. *What is the best way to involve the media?*  
22. *What is the best way to involve the business community?*  
23. *What is the best way to involve the government?*

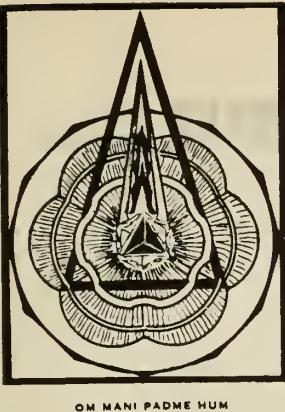
24. *What is the best way to involve the public?*  
25. *What is the best way to involve the media?*  
26. *What is the best way to involve the business community?*  
27. *What is the best way to involve the government?*

28. *What is the best way to involve the public?*  
29. *What is the best way to involve the media?*  
30. *What is the best way to involve the business community?*  
31. *What is the best way to involve the government?*

32. *What is the best way to involve the public?*  
33. *What is the best way to involve the media?*  
34. *What is the best way to involve the business community?*  
35. *What is the best way to involve the government?*

36. *What is the best way to involve the public?*  
37. *What is the best way to involve the media?*  
38. *What is the best way to involve the business community?*  
39. *What is the best way to involve the government?*

40. *What is the best way to involve the public?*  
41. *What is the best way to involve the media?*  
42. *What is the best way to involve the business community?*  
43. *What is the best way to involve the government?*



OM MANI PADME HUM

# The Inner Chamber of the Science of Mentalphysics



THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE.  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

**22**

"THE ROYAL SECRET" (one)—Cosmic Order Revealed in the Seven Kingdoms in Relation to the Noble Eightfold Pathway Revelation of Cosmic Law in Microcosm and Macrocosm.

BREATHING INSTRUCTIONS DURING STUDY OF THIS COMMENTARY :

1. In the morning, as soon after rising as convenient, breathe Your Own Spiritual Breath, physically. As near to Noon as possible, look at the sun and for a moment think of its effect upon this Earth, upon your own life, upon the life of Every Living Thing: then mentally go through Your Own Spiritual Breath. As soon after sundown as possible, breathe Your Own Spiritual Breath silently.

MEDITATION FOR THE WEEK :

"I AM ESTABLISHED IN LIGHT, Light, Light.  
I AM A CUSTODIAN OF THE WISDOM OF THE UNIVERSE."

(Feel that throughout the week, you are bathed by the beauty of these thoughts. Give Thanks - Be Happy.)

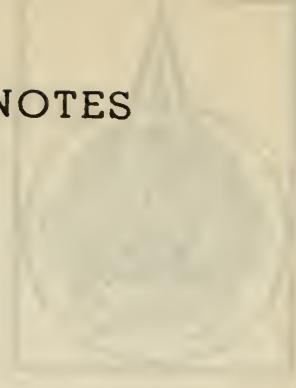
---

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

With your Twenty-Second Commentary you are to lead yourself into a deeper understanding of Cosmic Order, which is the Royal Secret. Not to many is it given to find the secrets of Life. There are many books, there is much education, but Truth is so generally distorted that few find their abiding place. If you turn back to your Fifth Commentary you will find that on Page Two under (a) there is given, in their order of unfoldment, the Seven Kingdoms. Study this Commentary well, so that you will be able to use it as a key to what is to follow. We are learning the Sublime Secrets, the very magic of Life Itself. Therefore, I counsel you to be faithful in these Commentaries. Feel that you must set apart a certain time each day for their study. Be patient. Be humble. Be grateful. Be happy. We are to lead ourselves gradually to The Absolute, which is the Being, in which THE WORD is, the Word which is the utterance and expression of Being and Life. We are to enter the Sanctum Regnum, the Holy Empire.

THIS SPACE IS FOR YOUR OWN NOTES



Let us, then, review the Seven Kingdoms, which are the expression of The Absolute, from Which they come, in Which they rest, to Which they go. They are:

### T H E   A B S O L U T E

In which all lives and moves and has its Being  
expressed

THE ..... {First in ..... THE ETHEREAL KINGDOM ..... The Enveloper of Life  
{Second in ..... THE SIDEREAL KINGDOM ..... The First Light of Life  
{Third in ..... THE MINERAL KINGDOM ..... The Womb of Nature  
MACROCOSM {Fourth in ..... THE VEGETABLE KINGDOM ..... The First Sacrifice  
{Fifth in ..... THE ANIMAL KINGDOM ..... The First Quest  
(The Universe) {Sixth in ..... THE HUMAN KINGDOM ..... The First Conqueror  
{Seventh in ..... THE CELESTIAL KINGDOM ..... The First Custodian

l e a d i n g   t o

### T H E   A B S O L U T E

to which there corresponds in the life of the Human Being

THE   NOBLE   EIGHTFOLD   PATHWAY   OF   ENLIGHTENMENT --

THE ..... {First in ..... RIGHT UNDERSTANDING .... Knowledge established ; no place for wrong substance ; the reflection of Wisdom.  
{Second in ..... RIGHT RESOLUTION ..... First movement ; influence of the planets in our lives ; no darkness - all light.  
{Third in ..... RIGHT SPEECH ..... Knowing that silence is golden Gold is the precious mineral.  
{Fourth in ..... RIGHT CONDUCT ..... Life of sacrifice for growth and progress of the human race - the whole greater than the part.  
MICROCOSM {Fifth in ..... RIGHT LIVING ..... Right search ; right activity ; balance ; poise ; control ; right knowing.  
{Sixth in ..... RIGHT EFFORT ..... Right, vigorous action on all planes.  
{Seventh in ..... RIGHT MEDITATION ..... Contacting the Higher Ones ; super-consciousness ; gaining from the negative principle to rightly expend through the positive.  
{Eighth in ..... RIGHT RAPTURE ..... The One, the Eternal, Everlasting Peace, Heaven, Nirvana, Highest Consciousness, God-Quality, Christ-Consciousness.

THIS SPACE IS FOR YOUR OWN NOTES

We all know that the Universe is sevenfold in nature . . . the Seven Kingdoms, the seven masters, the seven keys. When we understand the seven keys and learn how to use them, then the battle is won - there will then be no further need for all this chaotic living, no need for rebirth. We see so much chaos and disorder and discontent and disbalance in the human kingdom that it would seem that life on this plane is different from life on all other planes of life that we know. For as we look into Nature we see nothing but Order - the Law of Cause and Effect is evident everywhere, but in the lives of the greater number of human beings the evidence of Order is generally lacking.

From what you have learned you will, of course, know that this should not be, and you will know WHY it is so . . . simply, the result of man's ignorance of The Law.

I have no doubt that, though you may not be able to write a treatise on the seven-fold structure of the Universe, though you may not be able to define or explain, you feel that you know that the Universe is Order and the result of Order. You know in your inmost heart that God is Everywhere. (Read again the initial paragraph in The Fifth Commentary, the quotation from the pen of Comte de Gabalis). Though you will not be able to define, you feel that you KNOW that "All is full of God, God is everywhere," and that Order is the basis of All. As you look into the Universe without, you know this to be so. As you look into the Universe within, you feel that you know this to be so, though you may not yet have grown to full understanding of The Law as to be able to bring everything that makes your life into the rhythm of that Absolute Order of which your life is a part.

Therefore, I say that you can intellectually understand all this. You believe it. You hope for it. You feel that as you grow into The Law so will you increasingly REALIZE it.

Moreover, as you read the synopsis on the previous page, you feel that that is the pattern of the scheme of things, and that as you study it you are leading yourself into The Royal Secret of the Holy Empire of Life.

Just as there is Order without, there is Order within ; and just as Order without proceeds by its own means of order, so your life and mine proceeds - when we learn fully to "rest in The Lord" - by its own means of order. We come to see that whatever principle we can discover in the Macrocosm applies in precise manner to the Microcosm - it is the One Ultimate Law. So in the next few weeks we shall be engaged in discussing the Order of Life from the angle of the Seven Kingdoms, leading to the finality of The Absolute, and also, reviewing our own life, see how there is a Noble Pathway of Enlightenment, composed of definite steps, each of the succeeding steps corresponding with the Seven Kingdoms. For within you there is also the Ethereal Kingdom, the Sidereal Kingdom, the Mineral Kingdom, and so on.

This week I wish you to familiarize yourself with the correspondence between the various steps of progress that we see in the Universe and the steps in the Noble Eightfold Pathway of Enlightenment . . . in other words, think how the Ethereal Kingdom corresponds with the first step in the Pathway, Right Understanding. For convenience I include them as follows:

The Ethereal Kingdom	corresponding to	Right Understanding.
The Sidereal Kingdom	corresponding to	Right Resolution
The Mineral Kingdom	corresponding to	Right Speech
The Vegetable Kingdom	corresponding to	Right Conduct
The Animal Kingdom	corresponding to	Right Living
The Human Kingdom	corresponding to	Right Effort
The Celestial Kingdom	corresponding to	Right Meditation
The ABSOLUTE	corresponding to	RIGHT RAPTURE

THIS SPACE IS FOR YOUR OWN NOTES

During this week above all, Be Happy. Discipline yourself so that you shall be conscious every moment of being calm, and poised, and confident, and strong, and balanced in mind and action. This is not so easy, for most of us are still conscious of the old Adam. When you feel your mind a bit dull - a negative thought comes in, perhaps - STOP . . . feel in your mind "How silly of me! How foolish for me to allow any shadow to cross the Light of my mind! I am the Light of the Universe." A little of this practice will enable you to remain constantly happy and joyous in mind and full of vigor of body.

All eyes do not see alike. The magic of Life is the magic of your Thought. Your brain, your consciousness, is a book printed within and without, and the two writings are with all men more or less confused. But, just as we started with our Memory-developing Breath, which showed us just what we have been, so now we are well on our way to a full understanding of what we are. There never was a time when you were not. You are today what you have always been. Already you have come to know that the Supreme Reason - the Mind of God - has not left the gleams of human understanding to vacillate at hazard. There is an incontestable verity, an infallible method of KNOWING this verity, and by the knowledge of it those who accept it as a rule of their life give to their will a sovereign power that will make them the masters of all inferior things and of all lower influences in both the seen and the unseen worlds. In short, we in Mentalphysics, in truth, in humility, in love, in life become the arbitors and the kings of the world. We come thus to be the custodians of the Royal Secret.

Peace be unto you this week. Raise your thought to its highest vibration. "Lord, I believe, help thou my unbelief." I feel that all that I read is true . . I do not know HOW it is all to be done . . but my faith is high, and on the wings of faith I will rise to the very highest point of power that I am evolutionarily endowed to rise. I am Happy - I give thanks.

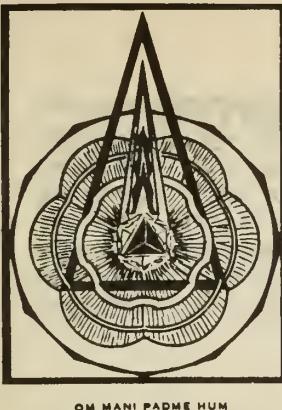
Sincerely Your Teacher, In Fraternal  
Bonds of Joy and Hope.



Written in Faith at  
Los Angeles, California, U.S.A.

End of The Twenty-Second Commentary,  
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



# The Inner Chamber of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

## 23

"THE ROYAL SECRET" (two)—The Ethereal Kingdom, the Enveloper of Life; Right Understanding—the Basic Principle of Right Action; Universal Inter-relation of Both Defined.

Breathing Exercises for the Week :

Same as in your Twenty-second Commentary. Be faithful.

My Beloved Student in Mentalphysics, Noble of The Light :

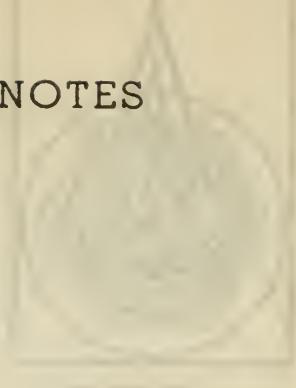
Greetings in The Bond.

This week we take another step forward on The Path of Knowledge. Right teaching is the very greatest of all values that we can attain to on this earth. Real knowledge alone is power. True Wisdom alone is peace. He who in true humility of spirit knows that he has found his right guide realizes that he has found the greatest of the treasures of the earth. As he grows in knowledge he realizes that there can only be increasing growth as there is balanced interchange of values . . . he MUST give for what he receives, and THE LAW is that we must give before we receive. This is not my law, nor yours - it is THE Law, God's Immutable Law. Therefore, my Beloved, I counsel you to examine yourself to see whether you are doing your part - that which none but yourself can say is your part - in supporting that person, that agency, that channel of instruction through which you are gaining Knowledge, the highest value. It is true that in Mentalphysics you are called upon to pay the minimum lunar oblation.

I counsel you to think of the values you have received, are receiving, hope to receive, and to determine whether you are doing that which you should do, in the light of Giving As You Expect To Receive, for the source from which Knowledge is flowing to you.

You should never be behind in your Lunar Oblation ; this should be the most sacred thing in your life, and you should give it as unto The Law. You should, whenever possible, and the DAILY practice is the highest form of giving, reverently make a contribution to Mentalphysics, and reinforce your gift with the

THIS SPACE IS FOR YOUR OWN NOTES



thought that you would give more if you could, so that the Light may be spread throughout the earth among all who are seeking. Just as you feel gratitude of heart and soul and mind for what you have learned and demonstrated through Mental-physics, so you will know that there are thousands of toiling pilgrims still in the foothills of the Mountair of Man's Highest Hope, and that your privilege to give may emancipate them from their struggle, leading them to Peace. Only in this way can all of us who have gained Knowledge at the lap of our Mother Mentalphysics keep free and clear and strong the Stream from which we drink.

(a) The Enveloper of Life.

In this Commentary I am to instruct you into a knowledge of the Ethereal Kingdom, The Enveloper of Life. The final cause is the end for which anything exists. You exist because you are on your way, through infinite development, to Absolute Intelligence. The Absolute - God - is the Final Cause, and all things exist because of God.

Man ascends from things to ideas . . God descends from ideas to things. "The Giver of all knowledge, the great Teacher of the Universe, withholds knowledge till the time of maturity arrives."

"There was neither day nor night, nor sky, nor earth, nor darkness, nor light, nor any living thing save only ONE, unapproachable by intellect, or THAT which is Brahma and Pums (Spirit) and Pradhana (orude matter)."  
-- Oriental writings.

"In the beginning was THE WORD, and the WORD was with God, and the Word was God. All things were made by him, and without him was not anything made that was made. In him was LIFE, and the LIFE Was the LIGHT of men."--  
-- First chapter of St.John, the Bible.

The Ethereal Kingdom (the Enveloper, the basic sphere) is generally known as the Astral, whose light is called by the Hindus Akasha, or ether. Ether is the highest kind of matter. It differs from all gross matter in not being subject to generation and corruption. Akasha (pronounced Ah-kah'shuh) is the subtle ether, the subtle sound-granules of space, without and within every atom - it is the essence within all matter, and from this - The Ethereal Kingdom - all existences come to have their being. The order of the Cosmos is embodied in The Ethereal Kingdom.

All existences, it is easy to see, are united in Cosmic order. We have seen that the Cosmos contains within itself seven kingdoms, which form this Cosmic order, commencing with The Ethereal Kingdom, and following with

THE SIDERAL	)	Constituting the Sub-human Kingdoms, the lower parts of
THE MINERAL	)	the general scheme of finite things. These constitute
THE VEGETABLE	)	what we generally know as Nature, which is subject to
THE ANIMAL	)	generation and corruption, all seeming to come out of The Ethereal Kingdom, which is not subject to change.

These four sub-human Kingdoms are contained in, or come from The Ethereal Kingdom. So, in a very real sense, does the next highest Kingdom - The Human Kingdom - though man, "made in THE IMAGE", has dominion over it in the sense that we have the power within our divinity to control the substance of The Ethereal Kingdom (the Akasha), so that we may become immortal ; and, though dependent upon it, having increasing control over it and correspondingly less dependent upon it to the

**THIS SPACE IS FOR YOUR OWN NOTES**

degree that we attain to God-quality.

The form or nature of The Ethereal Kingdom, then, is unchanging eternal potentiality, whereas all the forms of the corporeal universe are subject to change. Just as every living thing has spiritual existence in the Intelligences at the height of all created being, so every living thing has its material existence in the Ethereal Kingdom (the Akasha) upon which the whole Macrocosm rests. It has been well put in this manner : "Out of the womb of the astral light the entire corporeal universe has sprung. It is the changeless source of all that changes, the enduring record of all that is transient . . . By the replacing, in a certain portion of it, of the astral forma by the forma of pre-elemental matter, and ultimately by elemental formas, the celestial bodies primarily arose."

You can see that just as Akasha (the substance of The Ethereal Kingdom) lies below and around Nature, so the Celestial Kingdom, consisting of PURE INTELLIGENCE, lies above within and around it.

One could write a profound treatise on The Ethereal Kingdom, but what I want you to see is that it is the "eternal bowl" from which all forms of life proceed, and without which there would be neither matter nor life in any form of expression. It is the Infinite, and from it flows everything that makes Nature what she is, from which rise all the separate and successive existences of all things - from the amoebae to Man, from the atom to the Sun, all flowing from the same Source into the Celestial Intelligences and existing in each one of them simultaneously and for ever. Thus the Ethereal is Divine Thought in its lowest vibration ; the Celestial reflects the highest that we can know.

#### (b) Right Understanding.

When we turn to Man and realize that he is truly, whether he recognizes it or not, "made IN THE IMAGE", we see that the principles of the Macrocosm are identical in his life and development. Man is established in Divine Thought, the essence of God - in Love, in Wisdom and all that exists, from the lowest in Nature to himself, and is embosomed in all that exists in kingdoms higher than himself . . for he is on the way to the Celestial Kingdom. The potentiality of All That There Is is within him, awaiting unfoldment.

With a little imagination, you can see that all knowledge is potentially within you. Right Understanding is the first essential. In the "bowl of life", which is actually what a man is, there is naught but Light, in which understanding is already born and exists in full potentiality. But Man has been so misled and, through wrong thinking and wrong acceptations of the facts of life, has so misled himself that there is much division of opinion on everything in life about which a man can think. The simplest truth of life appears to be profound and hidden to the man who knows it not. To the man who has brought himself within the Knowledge of it, it is obvious and simple. Man learns slowly, however, and through wrong practices and wrong habits of thinking and doing he has deluded himself into thinking that that which is not, but only appears to be, is the real - whereas, let him discipline himself into the REALITY, the delusion disappears and right understanding becomes unfolded to him. He KNOWS then that he has been believing a lie to be the truth, the appearance to be the reality.

So our first step in the Path of Enlightenment is Right Understanding. Without it, we cannot hope to keep on The Path. Without it, we shall be led here, and led there, only to awaken after we have gone through the necessary experience, to see that we have been trying to make our way to the sunlight by going deeper and deeper into an impenetrable tunnel of darkness. A man may not know that he is on the wrong track.

THIS SPACE IS FOR YOUR OWN NOTES

It is easy to imagine a man falling into a river, greatly excited, and striking out to save his life ; he swims against the stream, though believing that he is swimming with the stream ; he struggles and makes all effort possible to save himself, but becomes so depleted in strength that he fears he is unable to save himself ; suddenly he stops swimming. (he "discovers the warrior within") he rests (he lets the "warrior" fight his battles"), he then finds that in resting, he goes with the stream . . . which is always so much easier than swimming against it. So he has Right Understanding and saves his life.

Is not that the way with so many people? Always struggling, arguing, believing, experimenting, hoping . . . yet not able to realize the Truth of Life. Always feeling the urge within, but through wrong habits of thinking, of arguing, of doubting, not being prepared to truly learn and consistently practice LIVING, they come finally to feel that IT does not even exist. I am quite sure that that was your own experience in some measure. NOW, however, we have found The Way. We KNOW that we are established in RIGHT UNDERSTANDING . . . and WE GIVE THANKS.

In Right Understanding we come to see that there within us, Knowledge and Wisdom are established . . . we have not to fight for it . . . it is ours as we merely SEEK IT. How wonderful to think that I, unworthy as I am of the great blessings of the Eternal, have not necessarily to read many books, to go to universities, to struggle and struggle to find it . . . IT IS WITHIN ME, Established, and all that I have to do is to seek the right understanding of IT.

Right Understanding is the principle of your life. It acts just as the principle of Love acts. All that we can say about it is that IT IS. Have you ever been in love? Do you know what brought Love - did you create it? When you gaze upon your Beloved, can you explain and define what LOVE is - that majestic, all-sweeping Force whose great pulse has been awakened within you? Can you put it under the mental microscope and catalogue it ? Or do you feel so infinitely unworthy that, no matter what you have, no matter what you know, ALL THAT YOU ARE AND HAVE is but an infinitesimal offering to the Great Throne of Love whose Light of gold has shone upon you? There is no gratitude great enough for Love to bring, for LOVE is ever clad in true humility.

Similarly, in the great womb of the Eternal we have in the Macrocosm first The Ethereal Kingdom ; and in the Microcosm, we have first Right Understanding.

We are wise if we will think on these things. And as we think, let us be happy and Give Thanks.

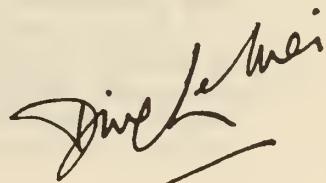
May the Light of the World enlighten your mind as you contemplate the unutterable glory of the Lord of the Eternal in your own life as the center of the Universe which you create for yourself.

My peace I send to you.

Sincerely your Teacher, in Fraternal Bonds  
of Joy and hope.

Written in Faith at  
Los Angeles, California, U.S.A.

End of The Twenty-Third Commentary,  
Inner Chamber.



THIS SPACE IS FOR YOUR OWN NOTES

1. *What is the best way to learn?* *How can I make learning easier for myself?*

2. *What are the most important things I have learned in my life so far?* *How can I apply these lessons to my current situation?*

3. *What are the most important things I have learned about myself?* *How can I use this knowledge to improve my life?*

4. *What are the most important things I have learned about others?* *How can I use this knowledge to improve my relationships?*

5. *What are the most important things I have learned about the world around me?* *How can I use this knowledge to make a positive impact on the world?*

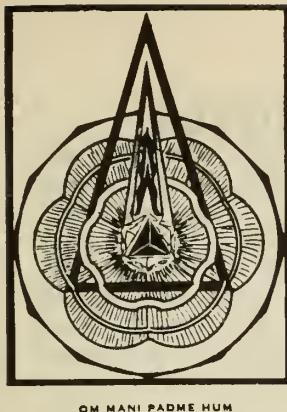
6. *What are the most important things I have learned about spirituality?* *How can I use this knowledge to find meaning and purpose in my life?*

7. *What are the most important things I have learned about health and well-being?* *How can I use this knowledge to take care of myself physically, mentally, and emotionally?*

8. *What are the most important things I have learned about money and finance?* *How can I use this knowledge to manage my resources effectively?*

9. *What are the most important things I have learned about work and career?* *How can I use this knowledge to succeed in my professional life?*

10. *What are the most important things I have learned about love and relationships?* *How can I use this knowledge to build strong, fulfilling connections with others?*



# The Inner Chamber of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

**24**

"THE ROYAL SECRET" (three)—The Sidereal Kingdom; the First Light; Life's First Light, Symbol of God's Eternal Fiat; Right Resolution—True Reflection of God's Mind.

## BREATHING EXERCISES FOR THE WEEK :

1. Breathe physically the Revitalizing Breath - in the morning, at noon if possible, and as soon after sundown as possible.
2. Breathe meditatively Your Own Spiritual Breath after your Revitalizing Breath as soon after sundown as possible.

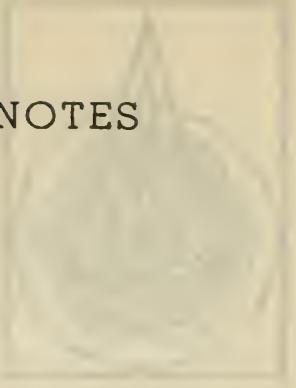
My Beloved Student in Mentalphysios, Noble of The Light :

Greetings in The Eond.

In this Commentary we are to deal with The Sidereal Kingdom, The First Light. We have seen in previous Commentaries that the word Cosmos itself means Order. The Cosmos is the sum total of all things that exist, as distinguished from that which has Absolute Being. In the Cosmos all things that exist are primarily united in the Seven Kingdoms. The force and substance that flow from the Infinite into Nature give rise to all the separate and successive existences of things, from the Ethereal Kingdom to the Celestial Kingdom. And as all things are subject to higher or spiritual things, so all existences are subject to the Celestial or Spiritual Kingdom.

You and I, - Man - is the connecting link between the lower kingdoms and the higher. You are the connecting link between the corporeal and the spiritual universe. Being composed of body and soul, Man is on the one side of his nature a corporeal thing, and of course as such is influenced by everything that he knows. Whatever affects the human body tends naturally to affect the soul. From your last Commentary you will have seen that all in the Ethereal Kingdom is stillness - no place for any wrong substance - corresponding to Right Understanding for the Ethereal Kingdom, with its absolute purity of all substance and its order and balance corresponds to Right Understanding in the minds of you and me.

THIS SPACE IS FOR YOUR OWN NOTES



(a) "Let There Be Light."

The SIDEREAL KINGDOM is the Kingdom of Light, the First Light (motion that produces light), that comes out of The Enveloper, The Ethereal. The disbalance and discontent and disorder that we see in the world today is not due to Cosmic disorder ; it is because Man does not fully understand, simply because he has not yet fully grown in "The Image." Life, to the average human being, seems to be all wrong, there does not seem to be any light anywhere nor no way out, just as in the first Kingdom of the Universe there does not seem to be any light until we reach the Sidereal Kingdom. The solar system may be said to be a part of the Sidereal Kingdom, and it is the light of the sun that gives us our life. Having in your mind your idea of the Sidereal Kingdom, you can see that, on the Noble Eightfold Pathway of Enlightenment, it corresponds to Right Resolution, the Second Step. In the Sidereal Kingdom we find the perfect measure - the perfect light - the perfect movement. And it is wise that we rightly resolve in the LIGHT, rather than in the darkness. The most perfect resolution may avail us nothing in the dark. We may resolve to write the finest book that has ever been written, but we have to have the Light in which to write it. If we are in a dark cellar and feel surging within us the most brilliant ideas which will form the basis of our book, we may have the place filled with pens and paper upon which to bring our ideas forward, but without light we are impotent.

From our study of the Ethereal Kingdom we can see that we are established in Right Understanding . . . it is ours, we ARE it. But we have to learn the way to open it and to use it. We come to see the way to use it through Right Resolution that corresponds to the Sidereal Kingdom, the First Light . . . coming from Right Understanding that corresponds with The Ethereal Kingdom.

(b) You ARE Light.

To gain the full significance of the meaning of The Sidereal Kingdom, you must first imagine what the Ethereal Kingdom is . . . then you can imagine that in that first stillness that envelops everything there is a slight movement ; with the first slight movement there is action, and in all movement and activity there is heat ; and all heat comes from the primordial Fire whose Flame gives the Light. You can think of this in a hundred ways, and I counsel you this week, as you look around you, to think upon it.

Having gained your mental concept of The Ethereal Kingdom and how the Sidereal is an outgrowth, so to speak, of it, then you will be able to see how every living thing lives in The Light . . . the easiest way is to think of the sun, and let your imagination help you. Think of all forms of life - rapidly growing and more slowly growing life, the mineral kingdom, the animal kingdom, the vegetable kingdom, and see how all life expression comes only as the result of LIGHT. Then think of yourself. The substances which compose even your physical body must have light, but how much more is this true of the real YOU . . . the real YOU which IS Light, for you know that you are nothing but Light, the Light of the Divine Wisdom which is yours through your contact with the Celestial Kingdom.

Cognizant of the structure of the Universe, and the Cosmic Order in which it rests in evolution, we come to see that the same order envelopes man's life -- all that his life means. Just as in the Universe we see a pathway of unfoldment - immutable and everlasting in its expression - so in the life of Man we find the same pathway, the Noble Eightfold which is made up by definite steps similarly established in Cosmic Order.

THIS SPACE IS FOR YOUR OWN NOTES

As I write this Commentary I feel impotent to say what is in my mind. There are so many ideas that surge back and forth that I would like to give to you, but I do not wish to create ideas of Eternal things for you - you must do this for yourself. But when you think of RIGHT RESOLUTION, you should have the vision of perfection on all planes of your life, so that in the sheer perfection of you you may rightly resolve to DO what is essential for you to gain for yourself necessary experience for true growth.

Therefore I see myself perfect - "Perfect as your Father which is in Heaven is perfect." I see my perfect body. Gone are the days when I am subject to any disease or distress or disbalance on the physical plane of my life. I am the Master of My Body. I see My Body as the Temple of the Living God. I see - AND KNOW - my body to be not flesh and blood and muscle and tissue, but an aggregation of cell life, each of the glorious cells of my body being a complete universe within itself, and a torch, a light of the Divine Wisdom which I am. I see my breath as the great flywheel of Life Itself, Wisdom; and on the breath of me there is constantly being conveyed to me the Light of the Divine Wisdom. I see myself not separated from anything in Life, but eternally linked in the Great One of Life. I see myself on all planes of life activity "perfect as my Father" which is WITHIN ME.

Thus I rejoice that I have gained this little knowledge. I have Right Understanding, and through practice of Right Understanding I KNOW myself to be what I truly am . . . "The Creator in human form."

But I am not proud. I am only truly grateful that, though I am unworthy in my expression of life so far, I have been led into the light of Right Understanding. And my Joy is so great that I know that with every breath that I take, every step, every thought, every aspiration, every sensation, every emotion, I am in the Balance; and thus I see myself as a willing apprentice on my way to becoming a master craftsman in the playing of the great Game of Life.

I feel so entirely happy that every vibration and phase of life is in balance. I am in The Great Peace. I do not know all that there is to be known, but I am on my way.

In the assurance that I am established in Right Understanding, I now determine that from this moment henceforward all that I do and say and think shall be in accordance with The Law. I am cautious. I am humble. I watch, I pray, I hope, and I dare to be silent. Watchfully, every moment of the day, I live not as unto myself as in the old days of my ignorance, but as unto The Great Whole, so that nothing that I do -- not the very slightest and most insignificant act -- shall disturb the Peace of Every Living Thing in which I live and which contributes the whole perfect substance, the whole perfect energy and the whole perfect wisdom to allow me to work out my own salvation.

How delightful a thought!

#### (c) Thus Do I Rightly Resolve.

In this way, and in this spirit, I start out on the Second step in the Noble Eight-fold Pathway . . . RIGHT RESOLUTION. Resolution is half the battle : to finally make up my mind to DO anything is to have it more than half done. When, established in right understanding of the thing to be done, I start to do it, nothing can creep in to disturb the excellence in which I do it. I am the conqueror. I am the master of the thing to be done. In Right Resolution I work, and when the work is done, I recognize the work of my hand and mind to be in correspondence with that perfection which is "of My Father" . . . for it is He that doeth the work ; of myself I can do nothing.

THIS SPACE IS FOR YOUR OWN NOTES

This, then, is the kind of thinking that I would counsel you to undertake. Be happy - give thanks. These four words will, as time goes on, grow in your consciousness and reveal to you the hidden ways of The Lord. Be practical. Life is not a theory - it is a fact. Your Life is the expression of Truth, and YOU ARE TRUTH. Therefore, analyze continually what you are doing with your own life. Are you resolved to do what you SHOULD do, what you now KNOW you should do? In one of the classes at the Institute, after the first lesson, a student came to me and told me that he had to sell his business. "But why have you to sell your business?" I asked. "Because you have shown me, through Our Own Spiritual Breath, that I am engaged in the wrong activity, and you have told us that the wrong means in the hands of the wrong man lead to destruction. I am a butcher, but I shall never again handle the flesh of animals that have been killed."

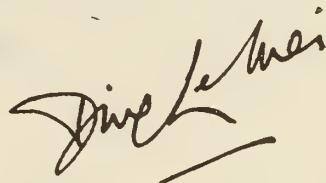
I commended him. He went on to tell me that he felt that he may have to take a large loss in the sale of his business, but, as a result of meditation, he soon found a buyer, who came seemingly out of the ether, and made him an offer which my student immediately accepted. Today that man is in his right vocation - the result of having found The Way in the first step in the Noble Eightfold Pathway of Enlightenment.

So, My beloved, as we think together on these things, let us know that we are rightly resolved to follow The Light.

My Peace I send to you. In your next Commentary we shall discuss the Mineral Kingdom, the Womb of Nature. Be happy this week. Feel very near to The Institute and to your Teacher. Do all that you can for Mentalphysics. Live the life. Spread the good news. You and I are the Progenitors of The Great Tomorrow, already born in our own hearts. We are the makers of The New City, and wheresoever, howsoever we meet the Toiling Pilgrim, he must from us hear The Law.

Blessings be upon you for ever.

Sincerely your Teacher, in Fraternal Bonds  
of Joy and hope.



Written in Faith at  
Los Angeles, California, U.S.A.

End of The Twenty-Fourth Commentary,  
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

1. *What is the best way to learn?* *How can I make learning easier for myself?*

2. *What are the most important things I have learned in my life so far?* *How can I apply these lessons to my current situation?*

3. *What are my strengths and weaknesses?* *How can I use my strengths to overcome my weaknesses?*

4. *What are my goals for the future?* *How can I work towards achieving these goals?*

5. *What are the most important values of spirituality, spirituality, and personal growth?*

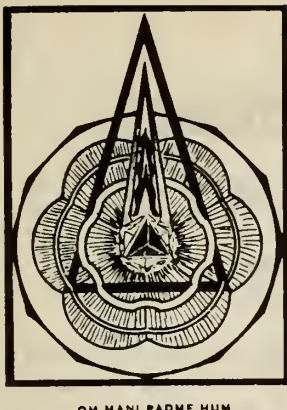
6. *What are the most important lessons I have learned in my life so far?* *How can I use these lessons to guide me in the future?*

7. *What are the most important things I have learned in my life so far?* *How can I use these lessons to guide me in the future?*

8. *What are the most important things I have learned in my life so far?* *How can I use these lessons to guide me in the future?*

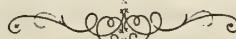
9. *What are the most important things I have learned in my life so far?* *How can I use these lessons to guide me in the future?*

10. *What are the most important things I have learned in my life so far?* *How can I use these lessons to guide me in the future?*



OM MANI PADME HUM

# The Inner Chamber of the Science of Mentalphysics



THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

**25**

"THE ROYAL SECRET" (four)—The Mineral Kingdom, The Womb of Nature; Birth of "The Miraculous Substance"; Mystery of Life-giving Principle; Secret of Right Speech.

BREATHING EXERCISES DURING STUDY OF THIS COMMENTARY:

1. Enter deeply into the Pranic Healing Breath (see Commentary Number Twelve and carry it out once before you engage in the affairs of the day, and once as soon after sundown as possible. This Breath is truly beautiful, and when we can FEEL the pressure to the right and then to the left, and know the deep downward sweeping movement, we have gone far to solve the riddle of the physical body. Allow yourself this week so to lose all sense of the body that you know that it is truly nothing but vibration - here, there; everywhere, nowhere; light as air itself, heavy as the basest metal ; gone entirely from you, yet all-enveloping. Thus do you learn to come and go through the Door of Brahm.

MEDITATION FOR THE WEEK :

"I TAKE REFUGE IN SILENCE. I SPEAK ONLY THE WORD.  
"I AM TRUTH. I speak only THE TRUTH."

---

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

Again let me say, in commencing this Commentary on THE MINERAL KINGDOM, The Womb of Nature, and RIGHT SPEECH that I have no desire to express myself in merely an intellectual manner. Whenever I write to you I write freely as The Spirit flows through me, with little reference and no distinct mechanical preparation. I speak to you with my soul, and when soul meets with soul there cannot but be true understanding. I am not writing a book for you merely to read - I am trying to express, as simply as may be, fundamental ideas and pass them on to you so that you may do your own thinking and come to reach the height of your own spiritual understanding through your own power to allow The Spirit of Wisdom to flow through you. In Mentalphysics we are not interested in conducting a class as in a university. We



are trying to engage in the imparting of spiritual truths. We are all on The Path, all in different places, all viewing the same Eternal Truths from different points of vantage . . . each must seek within himself to truly KNOW. These Commentaries will form the key for you to open the door, and then in the secret places of the Most High you will be given just that Light which is yours to be given.

"HE THAT DWELLETH IN THE SECRET PLACE OF THE MOST HIGH  
SHALL ABIDE UNDER THE SHADOW OF THE ALMIGHTY."

When we come to The Mineral Kingdom we at once realize that in this kingdom, more than in any other, Nature holds her secrets inviolable. We are in the secret place indeed. Here we see that we truly have to seek to find. Throughout The Mineral Kingdom there is the "miraculous substance." In the rock, there is the miraculous substance of the pure gold, and in Man we find the proper laboratory of the whole Art of Living . . . "Not only the most perfect chemical apparatus (I am quoting from Mrs. M. A. Atwood) devised by Nature for the distillation of her Spirit, and having besides the whole fermentative virtue, motive and principle of vital melioration and every requisite complete within himself, for the rectification and furtherance of her prescribed Law ; mind and manual efficacy, as it is narrated, by the Divine Will, to effect all things, though concealed in this life by the external attraction and obstructive energies of sense."

#### (a) The First Birth.

As we come from The Sidereal Kingdom, we are confronted with the first birth - The Mineral Kingdom may rightly be called the "womb of Nature", and the "Light" of The Sidereal Kingdom is to the universe what the life-giving or reproductive substance is to the womb of every female organism in Nature.

As the Light or life-giving principle enters, the sacred door is shut; and the Light germinates, so to say, in the darkness, making all Light, until the time arrives for the emergence of the completed embryo - a living thing, which is Light. This is Nature's grand secret, that there is a Universal subject in Nature susceptible of nourishment in Man . . and this is the greatest mystery, of all mysteries the most wonderful, that you and I - Man - should be able not only to find the Divine Nature, but to effect it in our lives. It is also terrifying to contemplate that, as we look at The Mineral Kingdom, with its lessons to us who have evolved through all the lower states of life, we see, as philosophers, the beauty and bright divinity of WISDOM, and know that we are on our way to enjoy the glittering treasures of her full Creative Power.

But we have to come through the silent waiting of the darkness, the womb of Light - that The Mineral Kingdom typifies - before we can bask in the Light of Divine Wisdom.

I cannot explain in mere words, but can you see, My Beloved, the relation and correspondence between The Mineral Kingdom, (with all its pent-up force, its Light germinating in its impenetrable darkness) and Right Speech (which we can only rightly engage in after we have learned the wisdom of "Havo No Tongue," the Silence)? I believe that you can.

THERE IS EVOLVING IN THE WOMB OF THE MINERAL KINGDOM THE FIRST LIGHT ; IN THE SILENCE, WHICH WE ARE GROWING TO KNOW AND TO LOVE, RIGHT SPEECH, WHICH IS THE VERY MAGIC OF YOUR LIFE AND MINE.

We may learn much from this beautiful symbology. How easy it is to merely talk, but how difficult to truly say something. We are on our way to learn, in our investigation to scientifically discover The One, that the regal essences of The One are -

THIS SPACE IS FOR YOUR OWN NOTES

BREATH ..... The Breath of you is the priordial substance.  
SOUND ..... The Sound is the Great Vibrator of Life.  
LIGHT ..... The Light is the Wisdom and the Guide, emanating  
from that life of the Universe that is higher  
than thyself.

These three form the essences of each other.

WITHOUT YOUR BREATH, there can be no Sound.  
WITHOUT YOUR SOUND (in its Inner meaning), there can be no right  
expression, for your Sound (THE WORD) expresses your  
Thought (which is Pure Light).  
WITHOUT YOUR LIGHT there can be neither Breath nor Sound.

(b) The Trinity Further Discussed.

Let us consider this idea further.

In The Mineral Kingdom, then, there is locked up, so to speak, the Breath, the Sound and the Light. We see that each of these is dependent upon the other two, and that the three makes One. We see that in you and me Right Speech is the quintessence of both Breath and Light ; we see that Light (pure Thought or Spirit) is both Sound and Breath ; we see that Breath is the point of birth of both Light (Spirit) and Sound (expression of Light).

How, then, are we to develop the power within us of Right Speech? In a word, by knowing what the Silence is. Therefore, this week I would counsel you to each day go for a certain specified time without speaking - be silent, have no tongue.

I M P O R T A N T

MORNING EXERCISE FOR THIS WEEK:

It is preferable to engage in this exercise in the early morning. Rise, and know that you are THAT. FEEL that "Whatever the Creator is, I am." Think on this one sentence, and revel in all the beautiful thoughts that come to you. Think of yourself on -

- (a) The Physical Plane of Life : The Order of your organism - the beauty of your body - the body as the Throne of God - God-quality within the very substance of the body - think of its wondrous form and shape, of its precision, its agility, its perfection . . . a million thoughts will come to your mind, which will make you feel grateful and happy.
- (b) The Mental Plane of Life : The magic of your mind - your power to think - your infinite capacity to store ideas - your power to create - your knowledge that your Thought is the substance of The Lord of the Eternal in transit - think of your memory, and about what you have learned ; think of how you have since you have been in Mentalphysics been able to absorb Truth, so that, through your mind, you are now able to see what you are looking at, feel what you touch, hear what you are listening to. . . and so on ad infinitum.
- (c) The Spiritual Plane of Life : The wonder of the Universe Within - the mystery of meditation - the results of your meditation and a million wonders that only YOU can know as you have made progress along The Path to The Great Peace.

THIS SPACE IS FOR YOUR OWN NOTES

As you are silent, think of all these things, and use fine and chaste language in your mind to express these ideas concretely to yourself. If you are not able to get the fine turn of a phrase in your mind write on paper what you are thinking - consult a Thesaurus, so that the finest vibration of thought through right words will come to you.

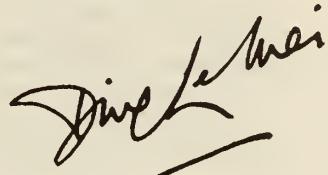
A few days of this practice will enable you to know that the refining process is proceeding very rapidly within you.

Then, during the day, watch the tongue! Speak only when you truly know that you should speak, and then speak only in the finest clothing of sound - the words that you use. Extend your vocabulary. Do not engage in "common" talk. Just as you now find joy in breathing, so find joy in speaking - finely and in refinement. Try to speak so that every word portrays the exact thought of your mind, speaking with precision, definiteness and fineness of sound.

Think of The Mineral Kingdom, with its silence, its waiting, its fullness, only giving up to those who silently seek the secrets of Nature and are prepared to wait patiently and silently woo her. Thus will you lead yourself into the deepest recesses of your own mind, and be able to express constantly to-yourself the finest emotions of your heart. You will lead yourself, through Right Speech, into the inner Light of yourself that will surprise you beyond measure. As Light is the basis of The Mineral Kingdom, you will, through right contemplation of it, and right use of it through Right Speech, lead yourself into the realm of Love - and LOVE IS GOD.

Peace be unto you today - and all the Days.

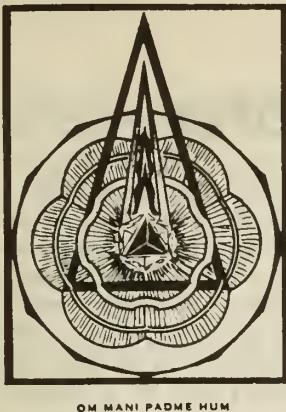
Sincerely your Teacher, in Fraternal Bonds  
of Joy and hope.



Written in Faith at  
Los Angeles, California, U.S.A.

End of The Twenty-Fifth Commentary,  
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



# The Inner Chamber of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

**26**

"THE ROYAL SECRET" (five)—The Vegetable Kingdom, the First Sacrifice; Relation of Right Conduct to Speech, Resolution and Understanding; Nature's Wisdom in its First Unfoldment.

## BREATHING EXERCISES FOR THE WEEK :

1. Breathe physically the Breath that you are weakest in - it may be the Cleansing Breath, or the Grand Rejuvenation Breath, or any other. Make the effort this week to make yourself perfect in all your Breaths.
2. Breathe meditationally Your Own Spiritual Breath as near to noon as possible, even if it be only for a moment or two ; as you are to consider The First Sacrifice in this Commentary, let your mind dwell upon the wisdom of learning the way to sacrifice for others . . though "sacrifice" is a generally misunderstood word. "Sacrifice" is from sacer, saored; and facio, to make. It means to make an offering or surrender something for the benefit of something higher ; to suffer or give up something, even to giving up one's life for the greater good, which must of course come back to us. In this Commentary we see how the Vegetable Kingdom is the First Sacrifice in the structure of the Sevenfold Universe.

## MEDITATION FOR THE WEEK :

Same as in Your Twenty-Fifth Commentary.

---

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

I trust that the importance of understanding the Trinity of Breath, Sound and Light is clearer to you as a result of your last week's study. Understanding this, we come to the magic of Life Itself, and to understand we must practice. Therefore, consider carefully what you are learning week by week. It is not possible for you to understand the whole Mineral Kingdom - you may not know anything whatever about geology even, but you can take the ring on your finger and meditate upon it. In looking at that ring on your finger, the emblem of professed love, you may learn more about the essentiality of the Mineral Kingdom than the greatest geologist that ever lived.

THIS SPACE IS FOR YOUR OWN NOTES

WANDERLUST IN LONDON, 1911

THE CLOTHES  
IN LONDON

WITH AN APPENDIX OF THE COST OF TRAVEL AND OTHER EXPENSES  
FOR A MONTH'S TRIP TO ENGLAND AND SCOTLAND.

BY  
J. D. BROWN

WITH ILLUSTRATIONS BY HENRY W. COOPER AND A MAP BY G. M. COOPER

PRINTED AND PUBLISHED BY THE AUTHOR,  
1911. Price, \$1.00. Postage, 15c.  
The author will be pleased to receive orders.

"This is a most useful book for those who are going to travel in England or Scotland. It is full of good information."

"It is a valuable guide to the cost of living in England and Scotland, and it is well worth the price."

"It is a valuable guide to the cost of living in England and Scotland, and it is well worth the price."

"It is a valuable guide to the cost of living in England and Scotland, and it is well worth the price."

"It is a valuable guide to the cost of living in England and Scotland, and it is well worth the price."

"It is a valuable guide to the cost of living in England and Scotland, and it is well worth the price."

"It is a valuable guide to the cost of living in England and Scotland, and it is well worth the price."

"It is a valuable guide to the cost of living in England and Scotland, and it is well worth the price."

"It is a valuable guide to the cost of living in England and Scotland, and it is well worth the price."

"It is a valuable guide to the cost of living in England and Scotland, and it is well worth the price."

"It is a valuable guide to the cost of living in England and Scotland, and it is well worth the price."

"It is a valuable guide to the cost of living in England and Scotland, and it is well worth the price."

"It is a valuable guide to the cost of living in England and Scotland, and it is well worth the price."

"It is a valuable guide to the cost of living in England and Scotland, and it is well worth the price."

"It is a valuable guide to the cost of living in England and Scotland, and it is well worth the price."

"It is a valuable guide to the cost of living in England and Scotland, and it is well worth the price."

"It is a valuable guide to the cost of living in England and Scotland, and it is well worth the price."

"It is a valuable guide to the cost of living in England and Scotland, and it is well worth the price."

Similarly in the Vegetable Kingdom. Think of the food that you eat this week ; talk to your food ; recognize that it is not "food" as the majority of people understand food, but that it is the Creative Intelligence of the Universe in the form of pure substance that you are taking into your body ; that that wonderful spinach and lettuce and other members of the Vegetable Kingdom that you take into your body are freely sacrificed by these lower vibrating manifestations of life for the higher vibration of Life which you are evolved unto. Contemplating this you will learn your own lesson as to how to live - to make a sacrifice of all that you have and all that you are and all that you know for the benefit of the Whole Human Race - recognizing that the whole is greater than the part. If we all understood the hidden meaning of the First Sacrifice as we see it in the Vegetable Kingdom, we would all be teachers and doctors and lovers, loving Every Living Thing with our whole heart fervently.

(a) The Purpose of the Spino.

Among various occult schools it is taught that everything that has developed a spine has developed into a state of consciousness. Every embodiment in the Vegetable Kingdom has a "spine". Examine a cabbage leaf, and you will see what I mean. Everything is the "Tree" of Life, its roots in the lower, its branches coming out from the trunk into the higher. It is the same with the blade of grass as it is with you, Man, the highest evolved entity in Nature. You have in your mind your Earth Body and your Heavenly Body - by transmutation we go from Earth to Heaven, and the "Bread" cometh down out of Heaven. So that every living thing that has emerged from the Mineral Kingdom (the Womb of Nature) has developed into consciousness. Its sacrifice is for the Higher Consciousness of you and me.

All in the Vegetable Kingdom, moreover, obeys the law of growth. Have you ever tried to imagine what one single seed of a melon, for example, could do. It could literally cover the earth with its increase.

I may have told you this before : I am fond of water melon (and if you have any tendency to congestion anywhere in the body, any stone condition in the kidneys, or the gall bladder, or the bladder, you will find water melon a specific in breaking down all tendency to stones), and one day, sitting lazy in the sun, I tried to count the seeds that came from a large piece of water melon. I counted up considerably over three hundred, and then I stopped counting. Consider that every one of those seeds had within itself the power of reproduction to bring forth a complete vine, for the growth of many complete water melons, each containing hundreds of seeds, each of which possesses similar power. Think how that single first seed contains the power to literally cover the surface of the earth with water melon vines. A simple (and to some perhaps a ridiculous) thought, but that is the way to seek the Truth of Life, and to become emancipated from the tyranny of the senses.

I could give you many more ideas, but your own ideas will come to you - and you will be taught thus to THINK. There is no more beneficial line of thought that one can take up than a contemplation of The First Sacrifice. When we allow our minds gratefully to rest upon the manner in which everything that we eat that comes from the Vegetable Kingdom is a direct sacrifice, we surely have cause to give thanks for the sustenance of our physical bodies. But that is only the beginning of the sacrifice that Every Living Thing makes for us. Thinking upon how we are dependent upon The Vegetable Kingdom for the growth and sustenance of our bodies, we see that the same principle works in the growth and sustance of our minds . . . we see how many people practically everyone to whom we speak, has contributed in some manner to our development.

THIS SPACE IS FOR YOUR OWN NOTES

### (b) Vegetable Kingdom and Right Conduct

To the intellectualist this may seem to be rather a frivolous way to get to understand LIFE - but there is no better way, for we can see that every thought that enables us to express through our thinking gratitude, automatically gives birth to a consciousness of Joy - AND JOY IS THE SUBSTANCE THAT PROPELS THE FLUIDS OF LIFE.

All of which thinking leads us to the correspondence between The Vegetable Kingdom and RIGHT CONDUCT . . . for if the thought be right, the action will be right.

To particularize to you what Right Conduct is would be mere assumption on my part -- you will know Right Conduct for yourself, and Right Conduct for you may differ greatly from Right Conduct for another. There is in every one of us that spark of Divine Understanding that shows each his own way. To know how to rightly sacrifice merely means that we know how to rightly LIVE. We have come through

RIGHT UNDERSTANDING  
RIGHT RESOLUTION  
RIGHT SPEECH

into

Right Conduct, where through right practice we give thanks that we have learned the life of sacrifice for the benefit of the whole human race.

We are doctors, lawyers, business or professional men, and we engage properly in our daily activities ; but our eyes are always open to see the opportunity when we might engage in

THE LIGHT THAT LIGHTETH THE HEARTS AND MIND )  
THE BREATH THAT ENABLES US TO VIBRATE THE WORD )                                                          which equals  
THE SOUND, WHICH IS THE WORD OF THE LORD.         )

### (c) The Life of Right Sacrifice.

By living the life of right sacrifice we learn much. We are not advanced craftsmen yet, but we are proving ourselves to be willing apprentices daily growing in skill in the art of living. And as we concentrate upon the highest that we know, we evoke within ourselves that Solar Force and Power which, if directed upward from earth to heaven, will awaken and revitalize those organs of true perception hitherto withheld from use. We become a sharer in the wonders of God's Omnipotence, and gradually recover our lost sovereignty, knowing that the Fourfold Law will compensate us . . . the more we give the more we have, the more we teach the more we learn, the more we sacrifice to the lower the more the Higher Ones lovingly minister to us.

Therefore, My Beloved, study the mysteries within yourself. Put it into practice. Yesteryear I saw myself trying to live as unto myself, but today I see "so much to do, so little done" --- I will be the willing worker in the vineyard. I engage, so far as I have learned, in Right Conduct, ever in harmony of mind with the Universal Mind of All Life, knowing that "the mind sheprodeth Thy Word, O Spirit-bearing Creator within me."

Make this week a week of infinite beauty. Watch when you rise in the morning, rapturous in the sunrise of thine own spirit. Watch throughout the day that, no matter where you are, you will spend and be spent for the benefit of your fellows. Watch when you are busy with the things of the outer world, watch when you have time to rest in the wisdom of the inner world of Light and Joy. And at the end of each day,

THIS SPACE IS FOR YOUR OWN NOTES

KNOW that you have gone along one step further along the sunlit path of life, giving to gain, losing to find, sowing and knowing that you must reap precisely as you sow . . . . BUT ABOVE ALL, KNOWING THAT YOU ARE THE MASTER OF THE LAW OF CAUSE AND EFFECT.

In recognizing this, Give Thanks. The way for us to REALIZE the progress we are making is to make regular comparison. For instance, sit and consider what your life was like before you came into Mentalphysios. Think of what you have learned in Mentalphysics. Think of what life would be if, suddenly, you were to be transported back to that old state of negation and darkness. Now, you KNOW : you are not dependent upon mere opinions . . you are on your way to mastery . . let us Give Thanks.

This will bring you food for thought :

"As the soul gravitates towards body in the first production of herself, she begins to experience a material tumult, - that is Matter flowing into her Essence. And this is what Plato remarks in the Phaedo, that the soul is drawn into body staggering with recent intoxication, signifying by this, the new drink of Matter's impetuous flood, through which the soul, becoming defiled and heavy, is drawn into a terrene situation. But the starry cup placed between Cancer and the Lion is a symbol of this mystic truth, signifying that descending souls first experience intoxication in that part of the heavens through the influx of Matter.

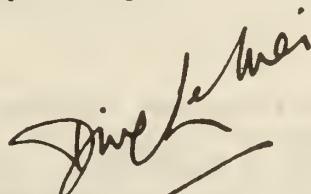
"Hence oblivion, the companion of intoxication, thore begins silently to creep into the recesses of the soul. FOR IF SOULS RETAINED IT IN THEIR DESCENT TO BODIES THE MEMORY OF DIVINE CONCERNS, OF WHICH THEY WERE CONSCIOUS IN THE HEAVENS, THERE WOULD BE NO DISSENSION AMONG MEN ABOUT DIVINITY.

"But all indeed in descending drink of oblivion ; though some more, and others less. On this account, though truth is not apparent to all men on the earth, yet all exorcize their opinions about it ; because A DEFECT OF MEMORY IS THE ORIGIN OF OPINION.\* But those discover most who have drunk least of oblivion, beoause they easily remember what they had known before in the heavens."

(\*That is why we start in Mentalphysios with  
The Memory-developing Breath.)

Peace be unto you. Be happy. You are Courage - you are Youth - you are Strength - you are Joy - you are All Good . . . and you are in The Great Peace.

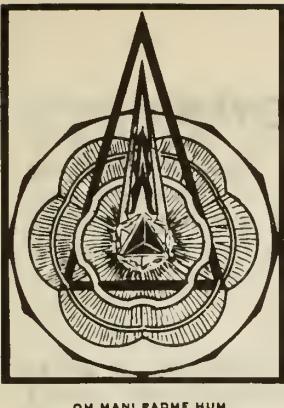
Sincerely your Teacher, in Fraternal Bonds  
of Joy and hope.



Written in Faith at  
Los Angeles, California, U.S.A.

End of The Twenty-Sixth Commentary,  
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



# The Inner Chamber of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

## COMMENTARY

## 27

"THE ROYAL SECRET" (six)—The Animal Kingdom, the First Quest; Right Living, Right Consciousness—the First Resurrection; Finding the Way to be "Risen with Christ."

### BREATHINGS FOR THE WEEK :

- (1) During this week go through all your Breaths, breathing each Breath twice each in the mornings only. Get up a little earlier, and take great interest in the physical side of your Breathings - feel full of life and vigor and power. Bring all that you have learned into the physical breaths, and throughout the day FEEL the power of your Breath - essentially from the physical and mental point of view. The breath of your life is pulsating through you - every cell of your body is awakened by your breath.
- (2) Each night, before meditation, sit still, and go through each of your Breaths mentally, so that as you then go more deeply into Meditation, you shall know that you are truly in perfect rhythm with Life Itself.

### MEDITATION FOR THE WEEK:

"I am Life - LIFE - LIFE." Meditate upon this in such a manner that LIFE will be FELT by you - its Order, its Silence, its Beauty, its Truth. So still are you in Meditation that you go to the very Light, to the sun of Life within you, and to the Sun Behind the Sun.

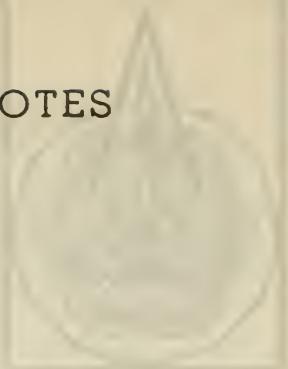
---

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

Epictetus said : "Did God give the eyes for nothing? And was it for nothing that He mingled in them a spirit of such might and curning as to reach a long way off and receive the impression of visible forms - a messenger so swift and faithful? Was it for nothing that He gave the intervening air such efficacy, and made it elastic, so that being, in a manner strained, our vision should traverse it? Was it for nothing that He made Light, without which there were no benefit of any other thing?"

THIS SPACE IS FOR YOUR OWN NOTES



...and I am so grateful to you all for

...and I am so grateful to you all for

...and I am so grateful to you all for



RECOMMENDED READING

...and I am so grateful to you all for

...and I am so grateful to you all for

RECOMMENDED READING

...and I am so grateful to you all for

...and I am so grateful to you all for

...and I am so grateful to you all for

Referring to the eyes, the learned Dr. Harold Wilson declares that the human eye is capable of distinguishing 100,000 different colors or hues, and twenty shades or tints of each hue, making a total of two million color sensations which may be discriminated. If we consider the infinite variations in the colors of earth, of plants and their blossoms, of clouds - in fact, of all natural objects - such an estimate as this hardly seems excessive - astounding though it is.

(a) The Animal Kingdom - Right Living

As we go on through the structural development of the Universe, we find that following the Vegetable Kingdom comes the Animal Kingdom, which in the Noble Eight-fold Pathway corresponds to Right Living. The Animal Kingdom we regard as The First Quest, for we see constant watchfulness in all animal life. Watch your dog, your cat, your bird, and you will notice that there is a never-ceasing watching outwards. Turn up a stone in your garden, and the low form of life you will find under the stone will immediately begin to look outward and make some sort of a movement. It is the same throughout Nature. There is the constant Quest for knowledge, for acknowledgment of Light. And as you watch - you can see it more clearly often in the lower evolved forms of life - you can literally SEE the Light of the Divine Wisdom in the organism shining out through into expression.

"Did God give the eyes for nothing?" As you watch all forms of life you will be aware that, through the eyes, when developed, there is a constant search, and the search leads to action. The more perfect the watchfulness, the more perfect the action, the activity, the thing done. When we come to Right Living, we have come by the "King's Highway" . . . "the Way that is cast up for the Ransomed of the Lord ; the unclean shall not pass over it ; but the Redeemed shall walk there ; and the Ransomed of the Lord shall return, and come to Zion with songs and everlasting joy upon their heads" (Isa.35: 8-11).

(b) Right Consciousness.

In Mentalphysics we learn that there is no death, and the ultimate of Right Living will be when death will not be necessary for us as the closing act in the drama of life, because Man will have solved the problem of Life, and have attained immortality in Consciousness.

Right Living develops right consciousness - the Consciousness of The Christ, regeneration. What you have in Consciousness, you have indeed ; what is not in consciousness IS NOT - to you. Right Living is true salvation. There is no salvation except in consciousness, neither any resurrection. No matter whether we say we believe or we do not believe in the Bible, there is great truth in the Bible, but, as always, it is obscure, hidden - there is a hidden meaning to the words. The Great Mystery is regaining our lost sovereignty, in achieving regeneration. The biblical student will say that the ultimate is to know that he is Risen with Christ . . . and this is true, though the Way is not often taught. Through regeneration - being risen with Christ - we are accomplishing a great evolution, passing a great evolutionary boundary, out of the consciousness of negation and evil and death into a CONSCIOUSNESS OF LIFE AND IMMORTALITY, holiness eternal, resurrection.

(b) "I AM THE RESURRECTION AND THE LIFE."

I AM, the Name, the Greatest Name - "before which every knee shall bow and every tongue confess" - is the Unutterable Name known only through "the Christ Within" through our Highest Consciousness.

THIS SPACE IS FOR YOUR OWN NOTES

1. What is the difference between a primary and secondary market?  
A primary market is where new shares are issued by a company to raise capital. A secondary market is where existing shares are traded between investors.

2. What is the difference between a stock market and a bond market?  
A stock market is where companies issue stocks to raise capital. A bond market is where governments and companies issue bonds to raise capital.

3. What is the difference between a derivatives market and a spot market?  
A derivatives market is where financial instruments like options and futures are traded. A spot market is where physical assets like stocks and bonds are traded.

4. What is the difference between a forward market and a futures market?  
A forward market is where contracts are made to buy or sell assets at a future date. A futures market is where contracts are made to buy or sell assets at a specific price on a specific date.

5. What is the difference between a cash market and a derivatives market?  
A cash market is where physical assets like stocks and bonds are traded. A derivatives market is where financial instruments like options and futures are traded.

6. What is the difference between a primary market and a secondary market?  
A primary market is where new shares are issued by a company to raise capital. A secondary market is where existing shares are traded between investors.

7. What is the difference between a stock market and a bond market?  
A stock market is where companies issue stocks to raise capital. A bond market is where governments and companies issue bonds to raise capital.

8. What is the difference between a derivatives market and a spot market?  
A derivatives market is where financial instruments like options and futures are traded. A spot market is where physical assets like stocks and bonds are traded.

9. What is the difference between a forward market and a futures market?  
A forward market is where contracts are made to buy or sell assets at a future date. A futures market is where contracts are made to buy or sell assets at a specific price on a specific date.

10. What is the difference between a cash market and a derivatives market?  
A cash market is where physical assets like stocks and bonds are traded. A derivatives market is where financial instruments like options and futures are traded.

Christendom has scarcely awakened to the deeper meaning of Life Itself. We in Mentalphysics have tasted, even if it be the first sweets, of the vast possibilities of unfoldment and realization, which are the privilege of any one who will studiously apply himself to the One within. We look around the world today and we see evidences among all nations of the barbarism through which The Elect are valiantly endeavoring to pass. War, crime, corruption in high places, selfishness in most diabolical forms, thoughtlessness and darkness. For us who are the ones privileged to use the eyes that God gave us, it is clear that Man has scarcely touched the hem of the garment of the LIVING God, and consequently have not even conceived the glories ready to be revealed through an unfolding consciousness of The Law. Many have seen the reflection of these glories "afar off", but they have been afar off from realization.

To the great masses of men today whose aim is definitely upward the "delectable mountains" are always in the far distance. And to us, immortals walking among mortals, what an opportunity is given us to SEE these toiling pilgrims! Let us not grow weary in well doing.

To us, who have declared our willingness to become apprentices in the Sacred Art, it is said "Eye hath not seen, nor ear heard, neither have entered into the heart of man the things which God hath prepared for them that love him," . . . right here and now, in the immortality which in varying degrees of consciousness - according to our evolutionary power to understand - we now enjoy.

Man has relegated his God to a far distance, and so long as the anthropomorphic idea persists Man will still relegate his inherent Wisdom to a far distance. Thus he makes it impossible, by such postponement, to KNOW HIMSELF, and excuses himself from becoming consciously what he is eternally and potentially. NOW is the eternal word. All that we have is The Present Moment -- and the echo comes, "NOW is the Day of Salvation!" All that we can ask for and expect is NOW. LIFE is NOW - Thought is NOW - YOU and I ARE NOW . . . never was a time when we were not in the NOW. We are not something to be made and established - WE ARE NOW.

Recognizing this, and you in Mentalphysics have recognized it - you see that you cannot BE anything more than you are - you cannot HAVE any more than you have . . . henceforward it is a matter of GROWTH. WE must GROW into the Knowledge . . . HOW? By RIGHT LIVING. We have come through the First Quest, which is the Animal Kingdom. We have emerged, through GROWTH and right USE of what we are and what we have, into the Human Kingdom, and now we know ourselves to be immortal, everlasting, ever the same, One with the Father. We are the elect of the True Illuminati.

Thus we must press on to the high mark of our divine calling.

We must know that the way to holiness is holiness . . . the way to divinity is divinity . . . and, through the practice of love to every living thing, we know the way to Love is Love. What we love most we become to the degree of our realization of it . . . RIGHT LIVING.

#### (d) Finding the Way.

All this may sound very "preachy" and commonplace, but there is Wisdom in this Commentary. By persistently recognizing the One within us -- The Christ of Love within us - the Great Fountain of Love and Wisdom - we gradually unfold the Consciousness of Love and Wisdom.

THIS SPACE IS FOR YOUR OWN NOTES

Therefore, my Beloved, I would have you this week rise in the very might of your own inspiration. Be happy! Rejoice! Give Thanks! Can we all together feel that we in the Inner Chamber are knit together, near or far, by that invisible but real and indissoluble bond of love? Can we feel that, waking or not awake, we are the perfect receptacle for the Inflowing and the Indwelling? Can we, for just one day at a time, one hour at a time, one minute at a time, KNOW that we are THAT - that we ARE the Creator embodied in the human form . . . and can we FEEL that the Wisdom and the Light and the Love and the Truth and the REALITY of the "I AM" is expressing through us in all that we do and say, think and feel? May it be granted unto us.

For if people like us, who now know, do not engage in Right Living, what, I ask, is the hope of those who know less than we know? We are our brother's keeper. We are the fellow custodians of the Royal Secret. Let us quit ourselves like men, and be strong.

When you have finished the first reading of this Commentary, feel very near to me as your Teacher. Feel that I am speaking to you with my soul, and know that when soul meets soul there is knowledge. Will you feel that from me to you there come great waves of Truth and Peace and Joy . . . FEEL them! Will you feel that, no matter how many millions of times you have been disappointed in people and things and circumstances and events, AT LAST you and I have met . . . and that there is naught that I would not willingly give to you if I could? Will you feel that - in spite of all the negative appearances of things, in spite of worry and doubt and all forms of darkness, the LORD OF LIGHT is speaking through me to the LORD OF LIGHT within you?

I know that you feel as I do. I know that you feel as you read this that the highest and the noblest and the most true and the real in you is speaking to the Great Brotherhood . . . that you, in the vibration of Your Own Spiritual Breath, are sending your Light and your Love to Every Living Thing.

Let us, as crusaders, do ALL that we can to lead others to The Light., We are the Ambassadors of Truth - and we should ever be engaged in the right work of leading others, which is the pivotal point of Right Living. There is much to be done, and we must do it - as unto The Law. (Read Paul's immortal message to the Ephesians - Eph. 6 : 10-20 - read it again and again, and think of your duty and mine to the human race - your duty to offer to The Light that has lighted your own mind for the benefit of lighting the whole masses of mankind who still struggle in the darkness and ignorance of their own mind).

"For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places."

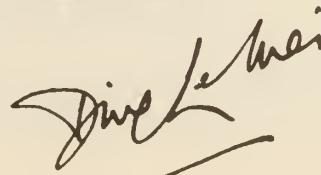
During this coming week, LIVE THE LIFE. Feel the Truth of your own Life. Will that you will, in true spiritual earnest, engage this week in Right Living, - right search, right activity, balance, poise, control, right Knowing - which is Right Living.

Peace be unto you.

Sincerely your Teacher, in Fraternal Bonds  
of Joy and hope.

Written in Faith at  
Los Angeles, California, U.S.A.

End of The Twenty-Seventh Commentary, 110  
Inner Chamber.



## THIS SPACE IS FOR YOUR OWN NOTES

1. The first step in the process of writing a book is to decide what you want to write about. This can be a difficult task, as there are many topics to choose from. One way to narrow down your options is to consider your interests and passions. If you have a particular subject that you are knowledgeable about or have a strong interest in, it may be a good idea to focus your book around that topic. Another way to approach this step is to consider your audience. Who do you want to read your book? What kind of information would they be interested in? This can help you to identify specific themes or subjects that would appeal to your intended readership.

2. Once you have decided on a topic, the next step is to begin research. This involves gathering information and data related to your chosen subject. You may need to consult books, articles, and other sources to find the information you need. It's important to take notes as you research, so that you can refer back to the information later. You may also want to consider interviewing experts in your field or conducting surveys to get a better understanding of your topic.

3. After you have gathered enough information, the next step is to start writing. This can be a challenging process, as it requires a lot of time and effort. However, if you stay focused and committed, you can produce a high-quality book. One way to approach this step is to break your work into smaller, manageable tasks. For example, you might start by writing a outline of your book, then move on to writing the first chapter, and so on. This can help you to stay organized and avoid getting overwhelmed by the task at hand.

4. Once you have completed your book, the final step is to edit and proofread it. This involves reviewing your work for errors and making sure that it is well-written and organized. You may want to have someone else read your book and provide feedback, as this can help you to identify areas that need improvement. It's also a good idea to have your book reviewed by a professional editor, who can provide valuable insights and suggestions for improvement.

5. Finally, once your book is ready, the last step is to publish it. There are many ways to do this, depending on your goals and resources. You may want to self-publish your book, or you may choose to work with a traditional publisher. You may also consider publishing your book online or through a digital platform. No matter which route you take, it's important to remember that publishing your book is a significant accomplishment, and one that you should be proud of.

6. Overall, writing a book is a complex process that requires a lot of time, effort, and dedication. However, if you follow these steps and stay committed to your goal, you can produce a high-quality book that will be enjoyed by many people. So if you're considering writing a book, don't let the challenges of the process discourage you. Instead, embrace the opportunity to share your knowledge and expertise with the world.



OM MANI PADME HUM



# The Inner Chamber of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

**28**

"THE ROYAL SECRET" (seven)—The Human Kingdom, the First Conquest; Wisdom—the Moving Element of Divinity; Right Effort—the Essence of Wisdom's Direction.

## Breathing Exercises for the Week :

1. Same as in your Twenty-seventh Commentary.

## MEDITATION FOR THE WEEK:

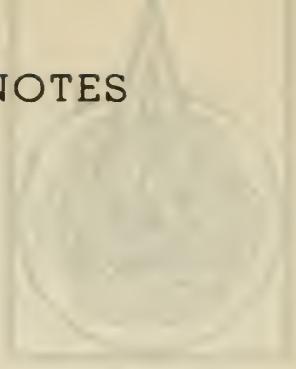
"WHATEVER THE CREATOR IS I AM." This Meditation should by this time have become the most familiar thought of your mind, for you have been thinking upon it for several months. During this week, in meditation, go as deeply as you can into the inner truth - the actual imperishable truth that ALL that the quality of the Creator is is within you.

## Mental Exercise for this Meditation:

At the start of your meditational period, imagine feeling that you are absorbed - In Light, so that you can see the beautiful akashic light before you to the point that there is naught but light ; In Love, so that you literally feel the pressure of the Love of Life upon you . . you can imagine it so strongly pressing upon you from every outer point . . also you can feel it pressing from within you, from the irreducible irreducibility of the immost center of yourself, outwards, outwards, and you can actually SEE it merged with that which is coming into you. Get the FEELING that you are the central point, and that there is not a single pin-point of space anywhere in the whole circumference of your consciousness that is not full of Light and Love.

In Wisdom, so that you come to KNOW the Wisdom of the Lord of the Eternal to be within you, directing your every thought and deed.

THIS SPACE IS FOR YOUR OWN NOTES



My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In your last Commentary we discussed the subject of Right Living as it is related to The Animal Kingdom, and we saw that in the fifth step in the structure of the Universe (The Animal Kingdom) we arrive at The First Quest (turn back again to page two of your Twenty-second Commentary for reference). In the present Commentary we arrive at THE HUMAN KINGDOM, the First Conquest (you are the Conqueror), which corresponds to RIGHT EFFORT, the Sixth Step in The Noble Eightfold Pathway of Enlightenment.

I wish that it were possible for us all to gather around in a circle and through practice of the above meditation come to know beyond any possibility of doubt that "Whatever the Creator is I Am," for not until we reach this level of consciousness, and endeavor constantly to remain at that level, can we hope to EXPRESS the Divinity of ourselves through the Humanity, or transmute the human to the divine. Perhaps you have read this before - it seems to me to be apropos

" THE FIRST ALL THINGS IN ALL GAVE THE FIRST SECOND ALL THINGS IN ALL,  
FROM THE ALL IN THE FIRST SECOND TO THE THIRD ALL ; THAT HE MIGHT  
DISCOVER, KNOW AND POSSESS ALL THINGS UNIVERSALLY."

To know this is to know that "Whatever the Creator is, I Am."

(a) Wisdom the Greatest Virtue.

In The Human Kingdom there is full potentiality of The Spirit. In our affirmation - the "three threes" - after the Revitalizing Breath, we visualize this potentiality, and as we watch the evolution of Life through the various kingdoms leading up to the The Human Kingdom, we find that ALL THAT THERE IS in the Universe (and that is God) unfolds through the Wisdom which is the nature and substance of itself. Wisdom as much excels all other human faculties as sight does all other corporeal senses, or the sun the stars. You and I are constituted, through our upward progress to the point of unfoldment where we now stand, to the end that we might contemplate the Wisdom (the Reason) of the whole Universe, in order that - being ourselves the work of Wisdom - we might survey the Wisdom of the things that exist ; thus do we grow in Wisdom.

A student wrote me a day or two ago and asked what is the greatest virtue - and he declared, "Surely, Love is the Greatest." Discussing this subject in the Inner Chamber at The Institute, several opinions were expressed . . . some said Justice was the greatest, some said Wisdom the greatest, and so on. Curiously, all were right, for without Justice there can be no Love ; without Love there can be no Wisdom, and without Wisdom, surely nothing can be. I feel that Wisdom is the greatest of all, and as a stream cannot rise higher than its source, so you and I cannot be more, and know more and do more than the measure of our Wisdom.

Cosmically, we see that Wisdom is not conversant with a certain definite existing thing, but simply with ALL things. So in The Human Kingdom, Wisdom is the First Conqueror - and YOU are that. Wisdom is in ALL things - everywhere. You have your idea of Prana, - the inmost essence of Prana is Wisdom. And " . . . all the things that may be desired are not to be compared to it," (Proverbs 8, 11.) It would be well for you to read this chapter, and the following one.

"The fear of The Lord is the beginning of Wisdom ; and a knowledge of the holy is understanding . . . . For by me thy days shall be multiplied, and the years of thy life shall be increased . . . . If thou be

## THIS SPACE IS FOR YOUR OWN NOTES

1. All of your notes should be handwritten in ink, unless otherwise specified by your teacher. Handwritten notes are more effective than typed notes because they require you to think about what you are writing and to process the information more deeply. This can lead to better retention and recall of the material.

2. Your notes should be organized and structured. Use headings, subheadings, and bullet points to group related information together. This makes it easier to find specific information later on.

3. Use abbreviations and symbols to save time and space. However, make sure that your notes are legible and that others can understand them if necessary.

4. Your notes should be neat and clean. Use a good quality pen or pencil and avoid smudges and erasures. If you make a mistake, use a light eraser or a white-out marker to correct it.

5. Your notes should be personal and reflect your own thoughts and understanding of the material. Avoid copying directly from your textbook or notes from other students. Instead, try to summarize the information in your own words and add your own insights and questions.

6. Your notes should be concise and to the point. Avoid unnecessary details and focus on the most important concepts and ideas. This will help you to remember the material more easily.

7. Your notes should be updated regularly as you learn new information. This will help you to reinforce your memory and to stay up-to-date with the latest developments in the field.

8. Your notes should be stored in a safe place, such as a notebook or folder, so that you can easily access them when you need them. Consider using a digital device like a tablet or smartphone to take notes, as it can be more convenient and portable.

9. Finally, remember that your notes are a valuable tool for learning and retaining information. Use them to study for exams, complete assignments, and deepen your understanding of the subject matter.

wise, thou shalt be wise for thyself ; but if thou scornest, thou alone shalt bear it."

(b) Wisdom Is Not Intellectual.

But it is so easy to quote what we have read, is it not? There are some people who are so well read that there is not a subject that can be thought about but what they are able to quote about . . yet not know much about LIFE. Coming to The Human Kingdom, we find ourselves masters of the secret magic of Life Itself. Is it not obvious to you that to live we have not necessarily to know about the varying phases and functions and effects of life? There are men who cut up dead bodies to learn about living bodies - but personally I would rather study human beings alive than dead. There are those so intellectually developed that they have lost the power to " feel after Him if haply they may find Him."

When we recognize The Human Kingdom in its true meaning, we KNOW ourselves to be the Creator in human form. Our example is the Creator. We live no longer unto our own selves, but realize that WE ARE GOD, and we follow the Law of God. There is no need for the Whole to live unto itself, - its paternal mission is to live for the parts, which know less than the Whole. The example for the Part is in the Whole; so that, by living less and less unto itself, the Part partakes of and assumes the full quality and nature of the Whole, losing itself in the life of the Whole.

These last sentences may seem commonplace - study them! See the inner meaning, and if we can understand the inner meaning we have learned the Royal Secret. The really great people know very well that they have no need to assert themselves, and they never do it - though their influence constantly expands for good. The parvenu is always pushing and struggling to assert himself and become recognized, always feeling insulted and clamouring for proper honor. The sole business of The Wise Ones, fully recognized in their own wisdom, is to radiate Love and Peace upon all. That is the way for us Nobles of The Light. That is how we may prepare ourselves for the Coming of The Lord within us.

You can use your Imagination! Can you imagine what this fair Earth will be when all have learned Wisdom - when every living human being will live as unto The Lord, serving God through serving Man and not Self?

Can you imagine that ideal state of human society when all, being wise, shall live so that there shall be no disease of body and no negation of mind, when there shall be no selfishness unless it be the divine selfishness of service unto others who know less and have less, when every man shall have learned the Wisdom of the Lord of Life?

Can you imagine this earth populated with healthy, prosperous, wealthy human beings - in a state of society when Wisdom shall rule and reign in the hearts and minds of men everywhere?

I am not painting the picture for you - YOU MUST DO THAT, for you are the artist of your dreams, and what you dream, through Right Living and Right Effort, comes true in your life.

(c) Paint Your Own Picture.

Take a little time this week in painting this picture. I would suggest to you that you take pencil and paper and put down in words the details of this transcendental picture that your Imagination gives you. Use the finest words that you can command to paint the picture - think the highest thoughts - feel the deepest emotions . . . AND KNOW THAT WHAT YOU CAN IMAGINE COMES TO YOU AS THE DIVINE PRIVILEGE TO WHICH EVERY MEMBER OF THE HUMAN KINGDOM HAS, FROM EXPERIENCE ALREADY GONE THROUGH, A RIGHT TO ENJOY.

THIS SPACE IS FOR YOUR OWN NOTES

And in your Practice, KNOW that WISDOM is at work within you - that the LIGHT of WISDOM is guiding your thought and your action - that the LOVE of THE LAW, whose foundation is Wisdom, is so flooding your whole being that you lose yourself in love for Every Living Thing . . . and so enter truly into the Holy Breath of Life, of which your Mentalphysics Spiritual Breath is the divine messenger.

What I am saying to you is that you can IMAGINE all this. Being a HUMAN, look UP, and UP, and EVER UP to the DIVINE in you --- and the Divine is the Wisdom of LIFE.

Let us make no mistake, however, I know that every Noble of The Light can think, for in our study we have trained ourselves to think. I know that we can all feel - that we all can imagine . . . but, My Beloved, IT IS WHAT WE DO THAT IS THE TRUE MEASURER, and the quality of what we do is determined by the quality of the EFFORT behind the doing. If directed by the Divine Wisdom, the Effort becomes RIGHT EFFORT, which is the birthright of The Human Kingdom. You, as a Human - having become human through the Divine within you - reflect to the degree that you use the inherent Wisdom of yourself, the True Divinity. This is a great mystery. Think of LOVE, and you solve the secret if Love directs you into RIGHT EFFORT of its expression.

(d) Be an Immortal!

In this Commentary you have had given you ideas upon which you are lovingly coun-selled to think. Had I the power to write words of pure gold upon this simple sheet of paper, I could not do more for you than to make you think on these things, so that you shall feel them to be true to the degree that you become unconsciously compelled to ACT WHAT YOU THINK. We all do act what we think, but when we are guided by The Light and The Wisdom which is its Essence, every act and thought and feeling and emotion are in the Great Balance of The Law of Life.

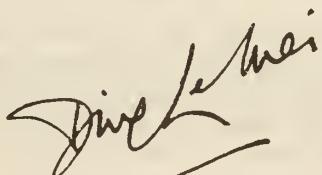
Therefore, this week - again, as an immortal walking among mortals - know that YOU are the Ruler of the Universe. Raise your vibration. Think great thoughts and live on the high level of greatness. Descend not to selfishness in any form. KNOW that, though you may again and again find the "old Adam" dragging you down, you are on your way to The Light of Love and Life, so that you shall never-ceasingly reflect it. . . . the never-ceasingness of your Thought shall not allow one single instant to creep in when you are not in The Light . . . you USE your birthright of Humanity as the magnet for attracting the Divinity within to shine forth.

Let us each and all this week so live that all with whom we come into contact shall be made happier and holier because of our lives and our association with them.

Thus, through us, shall WISDOM speak the WORD OF LIFE.

Adieu, My Beloved. Rest in Peace. Namasta.

Sincerely your Teacher, in Fraternal Bonds  
of Joy and hope.

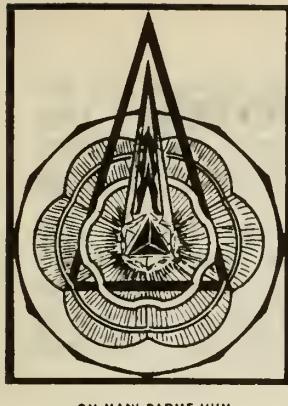


Written in Faith at  
Los Angeles, California, U.S.A.

End of The Twenty-Eighth Commentary,  
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

1. *Period 1: December  
1998 - January 1999*  
2. *Period 2: January -  
February 1999*



OM MANI PADME HUM

# The Inner Chamber of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

**29**

"THE ROYAL SECRET" (eight)—The Celestial Kingdom (the First Custodian) corresponding with Right Meditation (the Noble Science); Secret of Life's Eternal Battle.

#### Breathing Exercises for the Week :

1. Same as in your Twenty-seventh Commentary.

#### Meditation for the Week :

Continue the meditation given in your Twenty-eighth Commentary. Read again most carefully the paragraph entitled "WHATEVER THE CREATOR IS, I AM", and every moment that you can THINK this thought during the week, think it, and BE HAPPY in the thought. Think it in such a manner as to compel yourself to KNOW that it is true - be constantly conscious of The Presence - be constantly conscious of the FEELING of The Presence . . . and know that you are allowing your own highest Self to express through you in all that you think and do. Moreover, feel that all that you do this week is beautiful and glorious, for you are doing what you have to do with the greatest joy, and there is the consciousness that IT - The Lord of the Eternal - is doing it through you). Make this a REAL thing this week. Be conscious of The Light all the time, and know that YOU ARE LIGHT . . . "The path of the just is as a shining light, shining more and more unto the perfect day."

This week bring into reality, very definitely into consciousness, that you are a Noble of The Light - let your Light shine!

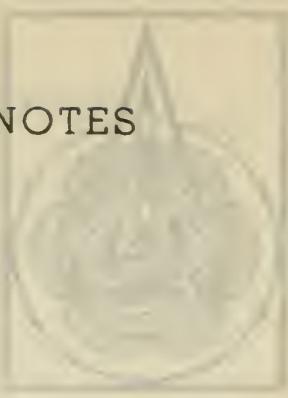
---

#### My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond!

In commencing this Commentary you truly approach The Throne, and you should walk in humility. Imagine that you are standing on a high eminence, and that, looking down, you can see going on before your eyes the whole of the operation of the Life of the Universe . . . that the supreme work of the Universe is to make YOU . . that you are the Universe, that you are The Conqueror. As you look, in your mind's

THIS SPACE IS FOR YOUR OWN NOTES



eye you see all the different phases of your development . . then, closing your eyes, looking within yourself, you see yourself as the most wonderful thing the Universe has brought forth. You have come through all the various kingdoms - you are a human being, prince in The Human Kingdom.

But, as you look within, deeper and deeper still, you know that there is more in you than a mere human - you know yourself to be Divine. So, as you watch, you are raised in consciousness to the Glory of the Higher Ones, to the Celostials, to the great Hierarchies of Light that holds the Cosmos in its balance. You see yourself, not yet perfect, but when fully grown, a member of the Celestial Kingdom.

(a) Custodian in the Noble Science.

In our Teaching of Mentalphysics, THE CELESTIAL KINGDOM (The First Custodian) corresponds with RIGHT MEDITATION (The Noble Science). To understand this one must have been successful in meditation - he must have been able to so lose himself so that, in his abstraction, he must have experienced spiritual contact with the Higher Ones. When we are talking about this most controversial subject, there is danger of not portraying correctly what is in one's mind, but when we have actually had the experience there can be no doubt about our understanding. So much has been written that emphasizes the spectacular, or what appears to be the spectacular, that this writer hesitates to put on paper anything that may tend to disturb the seeker.

I must assume that all of us in the Inner Chamber are aware that we live in a sea of Life in which there are Intelligences as high above our own as ours is above that of the ant. We know that the Higher Ones of the Celestial Kingdom are ever at our side, urging us on to higher and higher achievement on all planes of life. But man's consciousness of these things is limited in direct proportion to the development of his senses of perception. When, by purity of life and thought and the right use of Solar Force, we awaken our powers so that we can penetrate further to the very center of centers of our True Being, we then understand the Celestial Kingdom . . . but we cannot tell about it. Moreover, I am one of those who feel that it is not wise, or indeed kind, to present to the uninitiated mind - who, naturally, is seeking the spectacular - mere words about the Celestial Kingdom: it is only through RIGHT MEDITATION that we can come to know it.

I am often asked about certain books that purport to tell about the Masters. As all of you know, there are books available to any one who cares to buy them, which claim to "explain" the apparently supernormal activities of what we may call the Celestial Kingdom - but until we are each individually ready through our own experience to understand, we cannot make this knowledge our own. We may comprehend intellectually, but we cannot spiritually know. Merely to read about these things without practising to attain them is, as the Chinese say, only "wind in the ear".

Therefore, it is for us to know that in this great divine Sea of Intelligence, we are constantly upheld by forces and intelligences that are high above us, ministering to the human race in its unconscious struggling towards The Light. These Higher Ones, the Masters, the Hierarchical Beings, are in reality states of consciousness or energy within which are governing intelligences having jurisdiction over the seven planets.

"But the Mind, The God, being masculine-feminine, originating Life and Light, begat by Word another Mind Creator, Who being God of the Fire and the Spirit, created some Seven Administrators, encompassing in circles the sensible world ; and their administration is called Fate." (Hermes Trismegistus).

"Grace be unto you, and peace, from Him which is, and which was, and which is to come ; and from the Seven Spirits which are before His Throne." (The Apocalypse or Revelation of St. John, ch. 1, verse 4).

THIS SPACE IS FOR YOUR OWN NOTES

### (b) The Mansion Above.

It is through Right Meditation that we reach this height of understanding. Through PRAYER indeed. There is a mansion above through which shines down the great central Light of the Paraclete or Holy Spirit, and through this descending column the prayers of those who seek the Light ascend to the higher spheres. Says Count de Gabalis : "The gateway of this mansion, known to Kabalists as the Sixth House or Hierarchy, is guarded by Two Wonderful Beings (Cherubim). The Beings symbolize the union between the human and divine, for prayer is but the bringing together of these opposites. The divine mingles with the human so that it also may become divine ; and man's thoughts ascending into the Light are taken up by these Intelligences who judge them and summon the Hosts of their Realm to grant, according to Law, the requests made."

Then he adds, and all of us in Mentalphysics understand this : "When you pray, think! Shut out all lower thoughts. Approach God as you would the entrance to the Holy Place. ASK if it be well to demand to be given wisdom according to Law. Be strong in purpose and firm in demand, for as you seek and demand power of a spiritual nature you will balance that power in self on the lower planes."

It is to penetrate beyond these lower planes or spheres of illusion that Jesus said, "When you pray, SAY" these things, (We have, of course, learned already the importance of using rightly THE WORD). By a direct and positive effort, we have to reach the higher spheres of consciousness, leading ourselves further and further, through The Light, to the Center of the Sun - The Celestial Kingdom. In Meditation, we must let our thought be clear and concise, for a sincere, positive and well-defined prayer harmonizes Man with God . . . takes us nearer and nearer to the Higher Ones of the Celestial Kingdom. On the other hand, an idle or unthinking prayer or affirmation in meditation, without definite expression, becomes an affliction to the mind and destroys its receptivity in The Light. A fervent prayer or affirmation in meditation crystallizes the mind so that other forms of thought cannot enter, and prepares it to receive a response from the God Within, from the Higher Ones in the Celestial Kingdom.

Prayer or meditation on the Celestial Kingdom, the Highest Source that man is capable of imagining, is a path to Wisdom Found. Thus we enter the Holy Empire, where the Royal Secret is disclosed. When it is disclosed to us, there is no need to talk about it. Indeed, we cannot. All that we can do is to LIVE IT, and the Light shines of itself.

So we see the correspondence between the Celestial Kingdom and Right Meditation - the one the place or state or quality ; the other the method or the way.

### (c) The Eternal Battle.

Life to every living thing is a battle. To fight that battle heroically and well is the great divine purpose of every man's existence who is worthy and fit to live at all. To stem the currents of adversity, to advance in spite of all obstacles, to snatch victory from the jealous grasp of fortune, to become a chief and a leader among men, . . . in short, to discover life and understand its laws and bask in its force is the reward of the battle nobly engaged in. But the battle of life is won not in personal action, but in spiritual silence and non-action. We practise and practise, and come at last to know that the warrior is within us, and he fights the battle. (Several thoughts of this nature will come to you from the Bhagavad Gita, which you have read, of course.)

The Celestial Kingdom is the kingdom of Love and Wisdom and Justice, and the greatest of these is each of the three, for the three are but The ONE. Seek ye, then, the Kingdom!

Right Meditation, as I trust, My Beloved, all of us in the Inner Chamber have learned, or are zealously practising to learn, is the state of a mind at peace, clear of

THIS SPACE IS FOR YOUR OWN NOTES

perception. Distortion and illusion have vanished, and we have come face to face with the Reality . . the Radiant Light, the radiant shining brilliance of the Celestial Kingdom. There is no other way. You may study and read, and read and study, but unless in deepest humility you practise the Sacred Art of approaching the Throne, you keep back from your own unfoldment the Truth of your Being and the Truth of the Being of Every Living Thing of which you are a part.

How grateful we are! How, looking back, we can now say that we have come in some measure to understand the Substance of Life. In Mentalphysics we have learned how to examine it - made our experimentation - burned our fingers perhaps, and in our mistakes have led ourselves a little further along the Path of Knowledge - have found that it works, for there are many things in our life that have come nearer to the divine adjustment, so that we can say we now KNOW them for ever and ever. But we are still young in the Art. We are but apprentices.

Your Teacher, at thirteen, went to learn his trade in the old European system of serving a seven-year apprenticeship. I shall never forget that morning - cold and bleak, and I, a little toddler commencing the way to "face the world." How I was bully-ragged by all the higher apprentices! I was apprenticed to printing and kindred trades, highest of the arts, I was told. But at the start only the mean and menial things were given to me to do. I was anxious to learn, and I did not care to undergo all that drudgery of the early training which I was assured was necessary. I rebelled. It may be necessary for others, I declared, but not for me. In each of those seven tedious years there were certain definite things that I had to learn, and to learn them I had to do them over and over again. What a tedium it was! But after the second year I, too, began to take a little authority over the apprentices younger than I was. Then I commenced to master the early laws of the art - then I was taught more and more - with the result that in my seventh year all the other apprentices were under my jurisdiction and control. I had learned and had become a master of the art to some degree. Fancy my pride, then, on the exact day that completed my seventh year, marching up to receive my parchment which bore testimony to the fact that I was a full-fledged master-craftsman. (This would be an interesting and human story, but I have no space in these Commentaries for comment of this kind.)

But it is the same with us all in Mentalphysios. We are going through our apprenticeship. Many want to leave the nest almost before they have entered it, and to declare that it is not possible to fly before they even have the remotest notion of the balance necessary for flying to be carried out.

So, My Beloved, go within yourself, and know that you are of the world, but that you are not in the world - you are a mortal, but you have entered into the battle leading to immortality, and meanwhile you conduct yourself as an immortal among mortals.

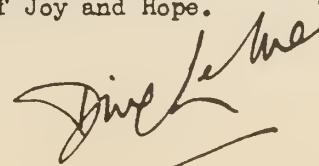
You know the Law - you have the Key - you have discovered that the secret of Life is within you - and by faithful practice of the elements of the Law of Living, you are going forward on The Path. God bless you. May the Higher Ones become increasingly known to you, through your own humble practice to dwell in the sacred shadow. Be not deceived - it is not a bed of roses ; there is but one Path to Freedom, and there is but One Way. What makes it hard for us is not that there is not enough LOVE in LIFE, but that we have turned away from it; and because we have been swimming against the Stream so long we fail now to immediately recognize the way the Stream is flowing when we meet the Stream. But we are joyously on our Way - and we give thanks.

May this week unfold for you more of the Great Mystery that is looked up in the sacred Heart of Life. "Be ready to launch forth, my heart! Let those linger who must. For your name has been called in the morning sky. Wait for none!" - Tagore.

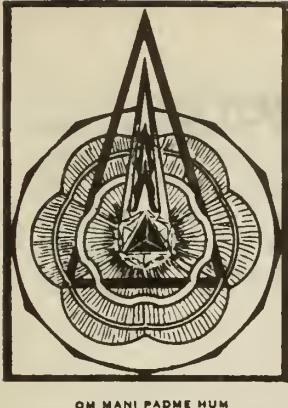
Peace be unto you.

Sincerely your Teacher, in Fraternal Bonds  
of Joy and Hope.

Written in Faith at  
Los Angeles, California, U.S.A.  
End of The Twenty-Ninth Commentary



THIS SPACE IS FOR YOUR OWN NOTES



# The Inner Chamber of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS  
NOT TO BE TOUCHED, IF POSSIBLE,  
BY ANY OTHER HAND . . . IT IS NOT  
TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

## 30

"THE ROYAL SECRET" (nine)—The Absolute (God); Right Rapture, the Wisdom of Submission; Final Cause of All Life Expression and Ascension of The Heights.

### Breathing Exercises for the Week :

1. See the sun rise again this week. As you watch the rising of the Sun, breathe . . . that is, breathe silently. Be up before the actual break of day, and see the sunrise from the very start. Sit silently, and as the Light comes FEEL THAT IT IS COMING DIRECTLY, WHOLLY, INTO YOU. Imagine that it is coming in through your nostrils, through your eyes, through every pore in your body . . . feel that you are breathing in the Light through your bones, and feel so charged with Light and Life typified in the Sun that your whole being is aflame with Light just as you see the whole sky aflame.

### Meditation for the Week :

Same as in your Twenty-eighth Commentary, intensified by the feeling of the sunrise. Then throughout the week, KNOW THAT IT IS TRUE, and let your life portray it. Not a single moment of thoughtless dreaming, but constant watchfulness that every phase of life, from the very physical breathing on to your every thought, is the full expression of "WHATEVER THE CREATOR IS, I AM."

---

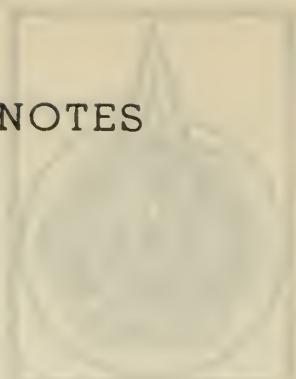
### My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

This week we come to the final step in the Royal Secret, the consideration of God, the Absolute. In the Noble Eightfold Pathway of Enlightenment this understanding of God is RIGHT RAPTURE.

Rightly, one should spend the week much in the Silence, for only in the Silence of the Eternal can we find and know the Lord of the Eternal. In commencing this Commentary for you, I feel that I have no words - for words are ever a futile method of true expression. I feel that you and I together must stand in The Presence, . . . must realize The Presence, . . . must be so filled with the Light of The Presence that we lose ourselves in reverence, in adoration, in veneration of The One -- and thus come to know that we ourselves are That in Human Form.

THIS SPACE IS FOR YOUR OWN NOTES



To endeavor to explain or define or describe The One is sheer profanity. All of us have read books about God. All of us have thought much about God. All of us have yearned to find God. Now in Right Rapture, we stand Facing The Light - knowing, yet not being able to speak . . . feeling, but not being able to define, . . so entirely filled with the Love and Wisdom and Light of God that we discover that all that we can do is to EXPRESS God in all that we do, living and thinking and feeling and doing as unto God, the Father of Life.

### (a) Living Is Knowing.

As I write I feel a great responsibility towards you and towards Life. I know that every human being who has the power to think must realize and does realize the truth of the Oneness of God, from whom All comes - to whom All goes. But only in relation to the degree to which we express God in our lives can we understand God. If we say that we understand that God is within us and that we are within God, and do not express the God-quality of our Life, we rightly do not KNOW GOD. And the great majority of seekers of Truth are like that. They say that they know God, but the Truth of the God-quality of Life does not shine through their lives -- consequently, they do not truly know God.

We in Mentalphysics should think about this all the time -- that it is only as we reflect the God-quality of All Life, in all that makes up our life, can we truly KNOW, because living is Knowing.

There are many people who can write about this subject better than this writer. But I feel quite sure that there is no method or system that will enable us, through right practice, to come into adeptship more efficaciously than Mentalphysics. And for that, all that I can do is to Give Thanks.

Many people can talk most glibly about Life, yet they do not live. And if you will watch what goes on about you among human beings, you will find that by far the great majority of human beings are in this category. The eternal spirit of Wisdom in man compels him, however, in spite of his failure of expression of God-quality in his life, to hold on to the possibility. But he does not see that he has been thinking anthropomorphically - he has been thinking of God (no matter what name he has employed) as something away, apart, beyond . . . a true Ideal to be attained, it is true, but always out of reach. Whereas the TRUTH of LIFE is that God is in us - in our Mind - to be understood increasingly by us as we increasingly, through practice, raise the rate of vibration of life that allows us to understand Life. The Royal Secret is to KNOW - to KNOW that we KNOW - to FEEL that we KNOW that we KNOW . . . and finally, to lose ourselves in it, because we have come to fully know it and be it.

### (b) The Ideal Friend.

The probability is that some one, uninitiated in our sacred science, reading what you are now reading, might be inclined to say that he could explain it much more clearly - that he could write a much better Commentary than this. And doubtless he could. But, My Beloved, I have never attempted, and never will attempt, merely to place words side by side in cold mathematically spiritless order . . . what I want as your Teacher is to so commune with you through the agency of my Soul that your Soul will respond and understand.

We truly are Sons and Daughters of the Living God. We are "WHATEVER THE CREATOR IS" in the form of life that we now enjoy. We have precisely what we deserve - no less, and it cannot be more. We are what we are. We are what we are by virtue of having used what we have and are in the way that we have used it. We have made mistakes,

THIS SPACE IS FOR YOUR OWN NOTES

and, if wise, can trace our profit by every mistake made. We have gone through this life, struggling, hoping, believing, wishing, and most of our activity has been used in chasing the rainbows. The heartaches ! The disappointments ! The failures ! The rebellions and tortures ! The troubles, adversities, the frowns of fortune, the blights and blasts and afflictions ! What a life it has been for most men ! All because we have been trusting to something outside of ourselves. It is the same on all planes of life. In human relationships - where is the Ideal Friend? A lifelong friend of mine, with whom in my geographical profession I used to work in China, was a man whom I believe I almost fully understood. But how many friends have YOU like this? Talking together one starry night, as we sat on the roof of the highest building at that time in Shanghai, we were discussing the Ideal Friend . . . "But Dingle," said he, "there is no Ideal Friend, though you may find an ideal friendship." I rather questioned the statement at the time, but I feel that I can endorse it now. It is extremely difficult, possibly impossible, to find among human beings that ideal friend. All ancient philosophy teaches us Indifference, the meaning being that we must practice indifference to all that happens in the realms of life that seems to be outside. Human beings constantly disappoint us, but what of it? It is not to be wondered at that others disappoint you, for have you not disappointed yourself a million times - then why be surprised when others disappoint you?

No, the only Friend is The One, in whom we live and move and have our being. He, It, That Alone is to be depended upon ; but only to the degree that we practice the Way, the Truth and the Light. "Come back to God," has been the command of the religionist down through the ages ; and the only thing wrong with the doctrine has been that we were not taught the way to come back. We in Mentalphysios have found the way. Into our hands has been put the Key, and we are learning, through practice, rightly to USE IT.

What a blessing it is to know that we have learned this much - that "I and My Father are ONE". What a blessing to know that The Father actually IS - so that we know it to be nearer than hands or feet. What a blessing to know that whatever we read - whether it be a novel or the Bible or any book on philosophy - we are able to understand what is hidden, for we know that the meaning of Life Itself is hidden always.

#### (c) The Wisdom of Submission.

And what a time lies ahead of us ! We in Mentalphysics are ready for the Great World Awakening that is to come, and if there is a body of people at present on this planet who have cause to give thanks, it surely is ourselves. Let us, then, give thanks - in the true meaning as we have it in our Own Spiritual Breath. Let us see to it that we are always about The Father's Business, bringing others into The Light. That, now that we know, is the only reason for our living at all. The late George Muller was once asked what was the secret of his wonderful service and phenomenal successes, and he replied : "There was a day when I utterly died - utterly died (and as he spoke these words he bent forward lower and lower until his head almost touched the floor) - died to George Muller, his opinions, preferences, tastes, and will ; died to the world, its approval and censure ; died to the blame or approval of brothers and friends ; - and since then I have studied only to show myself approved of God."

We, of course, know what he meant. May this coming week find you in the same spirit. For, though I have gone but a little way along The Path of Enlightenment, I have learned that Right Rapture is only to be gained when we realize ourselves as God - living not unto ourselves (for there is no further need to do this, for we have all and are all), but unto every living thing, ever sending out our own divinity to meet the divinity in All Life.

THIS SPACE IS FOR YOUR OWN NOTES

Theological controversy is ended - "They say - what do they say? - let them say!" We have come to the road where there is no further turning. We have found our God, and in Him we rest - in Him we know, and we know that we know - in Him we think, and we know what thought is and how we think, - in Him we have our being, and how we have being in Him is known to us only in The Great Peace that passeth knowledge.

So we Nobles of The Light have found our God. I have found my God in you - may you find your God in me . . . we become God as we serve our fellow men, for that is the sole purport of our being. We have found the SUBSTANCE of God - a substance strange to us, though we have always felt that we know something about it, though we have followed in its wake and tried to overtake it, though in the darkest days we have seen glimpses of its pure translucence . . . and that substance is LOVE. What is Love? None can give a perfect definition in any way other than through the activity of love, for we can know love only by its effects.

Love is the Spirit of Life. Love embodies Wisdom. Love is Light. When we know Love we can say :

"Infinite Wisdom!

Sweetly and mightily dost thou order all things -  
In me and my conditions.

"Thou art the wealth of my heart, my mind, my soul, my senses.

"Thou art my Divine Supply.

"I am satisfied with Thy goodness.

"My soul is as a watered garden, and I shall not sorrow any more."

When truly we know Love we read its Law in terms of personal health, personal joy, personal harmony and peace, personal energy on all planes of life, personal supply on all planes of life, . . . we read its Law in all things from the infinitesimal to the universal, and when we have found Love we have found Justice, Faith and Hope. In finding Love, we have found God. For us Nobles of The Light, we must live for Love, we must die for Love, for only in Love do we find the Resurrection, which is RIGHT RAPTURE. As Jacob Boehme wrote : "Our whole doctrine is nothing else but an instruction to show how men may create a kingdom of Light within himself . . . He to whom this spring of divine power flows, carries within himself the divine image and the celestial substantiality. In him is Jesus born from the Virgin, and he will not die in eternity."

This coming week, think - be happy - give thanks.

YOU ARE THAT. You know Right Rapture, for you are Love. You are the Creator ; through Right Rapture you follow the Path to the Absolute, the ever-present "I AM" within you NOW. God bless you; the Light of the Divine Wisdom is now enlightening you.

Peace be unto you all ways.

Sincerely your Teacher, in Fraternal Bonds  
of Joy and Hope.



Written in Faith at  
Los Angeles, California, U.S.A.

End of The Thirtieth Commentary,  
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



